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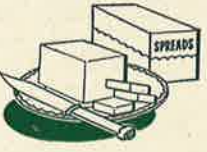
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DAILY FOOD REQUIREMENTS

Build your daily meals around these foods

<p>MILK AND MILK PRODUCTS</p>  <p>At least a pint for every adult. $\frac{3}{4}$ to 1 quart for every child. 1 to 1½ quarts for the expectant or nursing mother.</p> <p>Use milk to drink and in cooking. Skim milk, buttermilk, evaporated milk, dried milk or cheese may be substituted for whole milk.</p>	<p>BREAD AND CEREAL</p>  <p>... whole grain or enriched white bread and flour, whole grain or cereals restored to whole grain value.</p>
<p>ORANGES, TOMATOES, GRAPEFRUIT</p>  <p>... fresh or canned, or raw cabbage or salad greens — at least one of these.</p>	<p>MEAT, POULTRY, FISH</p>  <p>... use liver, kidney, heart for especially good value.</p>
<p>GREEN OR YELLOW VEGETABLES</p>  <p>... one big helping or more—some raw, some cooked.</p>	<p>DRIED BEANS, PEAS, NUTS, PEANUT BUTTER</p>  <p>... these are good foods, use often.</p>
<p>OTHER VEGETABLES AND FRUITS</p>  <p>... potatoes, other vegetables, and fruits — fresh, frozen, canned, dried.</p>	<p>EGGS</p>  <p>... at least 3 or 4 a week, cooked any way you choose—or in "made" dishes.</p>
<p>BUTTER AND OTHER SPREADS</p>  <p>... butter, vitamin-rich fats, and similar spreads in moderation.</p>	

THEN EAT OTHER FOODS YOU ALSO LIKE

**Based on Recommendations of U. S. Government Departments*

COOKING TO RETAIN VITAMINS IN FOOD

MANY VITAMINS ARE LOST BY OLD-FASHIONED COOKING

Vegetables covered with water before cooking.

Foods cooked on HIGH HEAT maintain violent boil throughout cooking period.

Foods cooked in open utensils or with loose fitting covers. Frequent stirring.

FOOD AUTHORITIES RECOMMEND PROTECTIVE COOKING

Use little or no water.

Start foods on QUICK HEAT. Finish cooking on gentle heat.

Cook in a COVERED UTENSIL. Do not stir.



OLD-FASHIONED COOKING MAY WASTE FOOD VALUE



PROTECTIVE COOKING HELPS RETAIN VITAMINS



VICTORY THOUGHTS

America today has TWO armies to feed. One Army, the Armed Forces—is the best fed in the World.

The other Army, much larger than the first, consisting of men and women working in war industries which keep the men in the Armed Forces equipped, must also be well fed.

You, the homemaker, are indirectly responsible for both armies. The food you serve the second army is pretty much responsible for the victory of the first army.

Food is a vital source of health—victory—ultimate happiness.

Therefore, the responsibility which rests on the shoulders of you as a homemaker, is tremendously important in the war program.

MENU MEMOS

The following menus have been built on an approximate \$14 - \$16 per week food budget for a family of five.

It is extremely difficult to forecast the prices of meat, or to estimate which of the various meats, namely, beef, veal, pork, lamb or mutton, can be most advantageously purchased. Smoked meats will be high in price, also difficult to buy, since the major portion of our smoked meat is being sent to our boys in service, and to our allies.

Meats have been so placed in menus that the housewife can buy week-end meat specials, should there be any, store in refrigerator and keep for several days.

Bacon ends are available in many stores, and usually come in five-pound boxes. These are perfectly good, and are the trimmings from the large slabs of bacon. Sometimes the pieces are quite small, but there is a tremendous saving in money, and whenever possible, it might be wise to buy bacon of this kind.

Now that more sugar is available, our allowance has been considerably increased. This increase has been taken into consideration in building our recipes.

All menus are based on the food chart issued by the Office of Defense Health and Welfare Service, Washington, D. C.

We have allowed 2½ quarts of whole milk

per day, plus 2 gallons of skim milk per week, bought at dairy, which can be bought for considerably less than whole milk.

To completely follow the meal patterns as given in the Government chart, each adult must drink or use in food, 1 pint of milk a day; children and adolescents 12 to 15 years of age 1 quart or more of milk a day. Whole, skim, evaporated or buttermilk may be used.

We have included a number of recipes for homemade bread. Buy enriched flour or whole wheat flour for breadmaking. Or, if you buy bread, be sure it is made with enriched or whole wheat flour.

Fruits have been included in the menus for different months, according to season. Canned orange or grapefruit juice, or segments, may be substituted for fresh fruit.

Canned tomato juice may be used in place of citrus fruit juices. But remember, you must drink more tomato juice than citrus fruit juice to secure the same amount of Vitamin C.

Very little ready-cooked food has been included in recipes. It requires a little more time to do the complete cooking in the home, but remember your kitchen is an important battle front, and this means "all alert" on the job.

Waste is not patriotic. If you find you are accumulating more fat than you can use, turn it over to the Government. Fat is needed for glycerin, and glycerin is needed in making explosives.

SUBSTITUTION SUGGESTIONS

If your family does not like a certain food given in menu, please check with chart of Daily Food Requirements in front of book, so you will be sure to use equivalent foods for best health. This is a serious business, and the chart in the front of the book is your guide. Remember your responsibility to the boys on the firing line!

Nourishing meals provide us with necessary energy to keep going at full speed.

Plan three good meals per day, and see that the lunch pail has an appetizing nutritious lunch.

THINGS TO REMEMBER WHEN PACKING A LUNCH BOX

The mid-shift meal—whatever hour of the day or night it comes—is vitally important if the efficiency and strength of workers is to be kept at top form. So follow the lunch box suggestions in the menus carefully. And here are a few other hints that will help make these meals better.

HINTS ABOUT FOOD

Good homemade bread makes a valuable addition to a lunch box. Recipes for enriched white, whole wheat, Plymouth and Oatmeal bread will be found under "Yeast Breads."

For variation, sandwiches could be made of Raisin bread, Steamed Brown bread, hard rolls, sliced muffins, or coffee cake. Butter the slices of bread heavily to prevent filling from soaking through bread.

Instead of placing lettuce between the slices of bread, wrap moistened lettuce in waxed paper to prevent wilting. It can easily be placed between sandwich slices when ready to eat.

A tremendously important *daily* task is to thoroughly wash the lunch pail, and especially the thermos bottle. Allow thermos jug to air when not packed in lunch pail. At least twice a week, scald with boiling water to which one teaspoon baking soda has been added.

A whole orange is refreshing. To make it easy to eat, carefully cut through the skin only, from stem end to blossom end, making about 8 cuts around the orange. Carefully start peeling back the rind, then wrap a piece of waxed paper around orange to keep peeling

in place. This makes the orange much easier to eat.

HINTS ABOUT PACKING

Pack the lunch box as late as you can. Food will be fresher and taste better when eaten.

A thermos bottle to carry hot or cold liquids—soup, coffee, lemonade, milk, for instance—is a great convenience.

Wrap each sandwich separately in waxed paper. They'll keep fresher. Pie, cake or cookies should be wrapped in waxed paper, too.






Half pint jars, or jelly glasses are an efficient way to pack custards, fruit salad, canned fruit and so forth. Be sure to put some sort of a cover on the top.

In packing the lunch box, put the heavier things, such as fruit, at the bottom.

It's a good idea to have a small salt-cellar that stays right in the lunch box. Be sure to put paper over the end so the salt won't spill. Have another for sugar—but be sure to *mark* them. If you haven't extra salt-cellars, you can wrap the sugar or salt in paper.

Don't forget to include a spoon or a fork, if needed. And a couple of paper napkins are a good idea.

TEST RESULTS OF VITAMIN-RETENTION BY DIFFERENT COOKING METHODS

VITAMINS	PROTECTIVE COOKING SAVED	IMPROPER COOKING	
		Retained only	Actually LOST
 VITAMIN A (Carotene) in peas, carrots and broccoli	96.1%	94.0%	6.0%
 VITAMIN B₁ (Thiamine) in peas, potatoes and broccoli	94.4%	58.0%	42.0%
 VITAMIN B₂ (G) (Riboflavin) in peas, potatoes and broccoli	90.4%	59.9%	40.1%
 VITAMIN C (Ascorbic Acid) in peas, potatoes and broccoli	76.4%	58.3%	41.7%
 VITAMIN P-P (Niacin or Nicotinic Acid) in peas, potatoes, broccoli and carrots	97.5%	61.3%	38.7%

★ ★ NOTE: Above figures are not arithmetical averages—
but are computed from the total content of a given vita-
min in all the vegetables tested, before and after cooking. ★ ★

★ SAVE FOR VICTORY ★



Don't throw anything away that may possibly be used
for war materials.

Gather all the old "junk" together, then call up your
Salvage Committee or your junk dealer.

Did you know that

One old iron will provide scrap for two
helmets?

One old garbage pail will provide scrap
for two .30 caliber rifles?

Thirty-two empty tooth paste or shaving
cream tubes will provide tin for one
fighter plane?

One pair of worn-out mud chains is equal
to 20 of the 37 MM. Antiaircraft shells?

One old lawn mower is equal to six 3-
inch shells?

Don't throw metal away. Help win the war with it.

Follow these menus carefully, they've made good use of leftovers—which helps your budget. These menus will give your family their full supply of vitamins and minerals, every day.

HEALTH-BUILDING MENUS

	SUNDAY	MONDAY	TUESDAY
BREAKFAST	1 Orange Juice French Toast—Syrup Cocoa or Coffee	2 Tomato Juice Rolled Oats with Milk Toasted Graham Muffins Marmalade Milk or Coffee	3 Grapefruit Fried Rolled Oats Bacon—Syrup Coffee or Milk
LUNCH	Hot Corn Meal Mush and Milk Canned Fruit Ginger Cookies Cocoa or Coffee	Bacon and Lettuce Sandwich Creamed Carrots Canned Fruit—Ginger Cookies Hot Cocoa	Cream of Tomato Soup Peanut Butter Sandwich Carrot Strips Cookies Milk
DINNER	Swiss Steak Mashed Potatoes Buttered Carrot Strips Beet and Onion Salad Graham Muffins—Butter Apple Dumplings Milk or Coffee	Spaghetti Casserole with Tomato Sauce Buttered String Beans Cucumber Salad Hard Rolls—Butter Canned Fruit Chocolate Cake Milk or Coffee	Hamburg Patties Creamed Potatoes Fried Corn Wilted Lettuce Bread—Butter Tapioca Cream Pudding Milk or Coffee
LUNCH BOX		Chopped Steak Sandwich Jelly on Sliced Graham Muffins Pickled Beets Chocolate Cake Milk	Chopped Egg, Lettuce and Mayonnaise Sandwich Bacon Sandwich with Mustard Carrot Strips Canned Fruit Chocolate Cake Coffee
BREAKFAST	8 Applesauce Prepared Cereal with Whole Milk Broiled Sausage Cakes Hot Sweet Rolls—Butter Milk or Coffee	9 Stewed Apricots Soft-cooked Eggs Toast with Butter and Jam Milk or Coffee	10 Tomato Juice Prepared Cereal with Milk Broiled Bacon Whole Wheat Toast—Butter Cocoa or Coffee
LUNCH	Waffles with Syrup Applesauce Cookies; Milk	Potato Soup Tossed Vegetable Salad Crackers Pumpkin Tarts Milk	Creamed String Beans Carrot and Apple Salad Oatmeal Cookies Milk
DINNER	Pot Roast of Beef with Potatoes, Turnips, Carrots and Gravy Waldorf Salad Hot Rolls—Butter Pumpkin Pie Milk or Coffee	Meat Pie with Biscuit Topping (leftover pot roast) Lettuce Salad with Sour Cream Dressing Hot Biscuits—Butter Butterscotch Pudding Milk, Tea or Coffee	Fried Liver and Onions Creamed Potatoes Winter Succotash Bread—Butter Molasses Spice Cake Milk or Coffee
LUNCH BOX		Sliced Roast Beef, Lettuce and Mayonnaise Sandwich Jelly and Butter on Whole Wheat Raisin Bread Pumpkin Tart Hot Cocoa	Mashed Potato Soup Bacon Sandwich on Whole Wheat Bread Kidney Bean Salad Canned Fruit, Candy Bar Coffee

FOR EVERY DAY IN NOVEMBER

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4 Grapefruit Juice Hot Cracked Whole Cereal with Milk Raisin Bread Toast—Butter Milk or Coffee	5 Cooked Cereal with Prunes, Milk Broiled Bacon Rye Toast—Butter Cocoa or Coffee	6 Tomato Juice Ready-to-Serve-Cereal with Milk Scrambled Eggs Cracked Wheat Toast—Butter Cocoa or Coffee	7 Prune Juice Griddle Cakes with Syrup Bacon Milk or Coffee
Corn Chowder Hot Toasted Crackers—Butter Stewed Pears Cookies Milk	Hash and Mushroom Casserole (leftover brisket) Cottage Cheese Salad Cookies Milk	Rarebit on Toast Surprise Waldorf Salad Milk	Wiener Sandwiches Grated Carrot Salad Canned Fruit Milk
Brisket of Beef with Steamed Dumplings, Horseradish Sauce Boiled Potatoes Red Cabbage Cole Slaw Bread—Butter Canned Fruit Milk or Coffee	Liver Lyonnaise Steamed Cauliflower with Tomato Sauce Perfection Salad Rye Bread—Butter Chocolate Chip Pudding Foamy Sauce Milk	Baked Stuffed Fish with Creole Sauce Baked Potatoes Carrot and Celery Salad Corn Bread—Butter Applesauce Cake Milk or Coffee	Chili Con Carne Tossed Vegetable Salad Hard Rolls—Butter Honey Baked Pears Milk or Coffee
Tomato Soup Hamburg Sandwich Lettuce Hearts Celery Tapioca Cream Pudding Coffee	Corn Chowder Chopped Beef with Horseradish on Whole Wheat Bread Cabbage Slaw Canned Fruit Cookie, Coffee	Prune Juice Egg and Liver Sandwich on Rye Bread Pickle Cottage Cheese Salad Chocolate Chip Pudding Apple, Milk	Wiener Sandwich Potato Salad—Pickle Applesauce Cake Milk
WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
11 Canned Fruit Hot Whole Grain Cereal with Milk Toast with Butter and Jelly Cocoa or Coffee	12 Prepared Cereal with Milk Fried Apples and Bacon Toasted Corn Meal Muffins—Butter Cocoa or Coffee	13 Orange Juice Fried Hominy with Milk Gravy Whole Wheat Toast with Butter and Jam Milk or Coffee	14 Canned Fruit Bacon Toast with Molasses Butter Cocoa or Coffee
Onion Soup Cheese and Lettuce Sandwich on Whole Wheat Bread Cinnamon Applesauce Gingerbread Milk	Lima Beans in Tomato Sauce Molded Apple Salad Peanut Cookies Milk	Oyster Stew—Crackers Cole Slaw Cocoa	Rarebit on Toast Beet and Lettuce Salad Canned Fruit Milk
Dutch Oven Dinner Wilted Lettuce Corn Meal Muffins—Butter Oven Rice Pudding with Cream Milk or Tea	Dried Beef Gravy Baked Potato Buttered Spinach Bread—Butter Apple Brown Betty Milk or Coffee	Chinese Omelet Beets Polonaise Tossed Vegetable Salad Honey Bran Muffins—Butter Baked Prune and Orange Pudding Milk or Coffee	Meat-Rice Balls with Vegetable Sauce Mashed Rutabagas Lettuce Salad Garlic Bread Peach Cobbler Milk or Coffee
Vegetable Chowder Beef-Tomato Sandwich on Rye Bread Celery and Apple Salad Molasses Spice Cake Coffee	Onion Soup Cold Cut Sandwich Pickles—Celery Applesauce—Gingerbread Coffee	Tomato Juice Cheese Sandwich Deviled Eggs Apple Brown Betty Orange Hot Chocolate	Oyster Stew—Crackers Peanut Butter Sandwich Honey Bran Muffin with Butter and Jelly Baked Prune and Orange Pudding

Be careful that you get a balanced diet, when making substitutes in the menus. Serve another green vegetable to take the place of spinach, for instance, another yellow vegetable for carrots. It's safest.

HEALTH-BUILDING MENUS FOR EVERY DAY IN NOVEMBER

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST	15 Orange Juice Prepared Cereal with Milk Hot Biscuits with Honey Butter Topping Milk or Coffee	16 Fruit Juice Hot Corn Meal Mush Bacon Milk or Coffee	17 Applesauce Scrambled Eggs Buttered Toast Cocoa or Coffee	18 Tomato Juice Buckwheat Pancakes—Syrup Fried Sausage Milk or Coffee	19 Sliced Oranges Oatmeal with Brown Sugar, Milk Toasted Rye Bread—Butter Marmalade Milk or Coffee	20 Sliced Banana and Prepared Cereal—Milk Hot Bran Coffee Cake— Butter Cocoa or Coffee	21 Mixed Fruit Juice Broiled Bacon Buttered Toast—Jelly Cocoa or Coffee
LUNCH	Southern Tomato Cream Soup Apple-Cottage Cheese Mold Crackers Baked Pears, Cookies Milk or Tea	Corned Beef Hash Cole Slaw Apple Cookies Milk	Fried Corn Meal Mush— Syrup Tossed Vegetable Salad Canned Fruit, Cookie Milk	Vegetable Soup—Crackers Applesauce Cocoa	Corn Chowder Melba Toast Apple and Carrot Salad Cookies, Milk	Onion Soup—Toast Cubes Fruit Salad Cookie Milk	Hamburg Sandwich Tossed Vegetable Salad Floating Island Milk
DINNER	Barbecued Cube Steaks Mashed Potato Baked Squash Molded Lemon Sunshine Salad Honey Bran Muffins—Butter Apple Pie Milk or Coffee	Savory Ham and Carrot Loaf Candied Sweet Potatoes Dutch String Beans Tomato Gelatin Salad Baked Brown Bread Chocolate Blanc Mange Milk or Coffee	Braised Liver Casserole Buttered Carrots Kale with Salt Pork Bread—Butter Prune Coffee Cake Milk or Coffee	Lamb Patties Fresh Fried Potatoes Scalloped Onions Head Lettuce with Mayonnaise and Pickle Relish Bread—Butter Baked Custard Milk or Tea	Hungarian Goulash Fried Noodles or Hot Rice Buttered Peas Chopped Pickled Beet and Cottage Cheese Salad Hot Rolls—Butter Baked Apple Milk or Coffee	Hallbut Steak with Spanish or Tartar Sauce Baked Potato Quick-cooked Cabbage Grated Carrot Salad Bread and Butter Chocolate Cream Pie Milk or Coffee	Baked Beans Brown Bread—Butter Cole Slaw Canned Fruit Milk
LUNCH BOX		Corned Beef Sandwich—Pickle Cottage Cheese Salad Celery Strips Apple Pie Milk	Ham and Carrot Loaf Sandwich with Mayonnaise and Horseradish on Rye Bread Cole Slaw Chocolate Blanc Mange Cookies Milk	Ground Liver and Egg with Mayonnaise on Whole Wheat Raisin Bread with Cheese Spread Danish Apple Cake Hot Chocolate	Vegetable Soup—Crackers Carrot-Peanut Sandwich Pickles Baked Custard, Apple Hot Coffee	Corn Chowder—Crackers Cheese on Raisin Bread Pickled Beets Baked Apple Coffee	Tomato Juice Hamburg Sandwich Sliced Buttered Bran Coffee Cake with Jelly Fruit Salad Chocolate Cream Pie
BREAKFAST	22 Orange Juice Prepared Cereal with Whole Milk Broiled Sausage Cocoa or Coffee	23 Applesauce French Toast—Syrup Milk or Coffee	24 Stewed Apricots Prepared Cereal with Top Milk Bacon Toast—Butter Cocoa or Coffee	25 Tomato Juice Scrambled Eggs Toasted Whole Wheat Bread—Butter Milk or Coffee	26 Canned Fruit Cooked Whole Wheat Cereal Hot Biscuits—Jelly Milk or Coffee	27 Fruit Juice Griddle Cakes—Syrup Cocoa or Coffee	28 Cooked Cereal with Dates, Milk Poached Egg on Toast Cocoa or Coffee
LUNCH	Tomato Rarebit on Toast Canned Fruit Salad Cookies Milk	Mashed Potato Soup Meat Loaf-Lettuce Sandwich Baked Apple	Split Pea Soup Lettuce and Mayonnaise Sandwiches Canned Fruity Cookie Milk	Hominy in Pepper Shells with Cheese Rarebit Sauce Gelatin Fruit Salad Toasted Bran Muffins—Jam Milk	Cold Roast Chicken Sandwiches Surprise Waldorf Salad Hot Chocolate Candy	Celery Soup Toasted Cheese Sandwiches Mince-meat Tarts Milk	Hot Wieners on Toasted Buns Pickles—Cole Slaw Apple Cocoa
DINNER	Barbecued Meat Loaves Au Gratin Potatoes Buttered String Beans Celery Hot Rolls—Butter Amherst Pudding with Honey Butter Sauce Milk or Coffee	Braised Beef Heart with Vegetables (potatoes, carrots and onion) Stewed Tomatoes Wilted Lettuce Bread—Butter Date-Nut Pudding—Quick Caramel Sauce Milk or Coffee	Supper Medley Mixed Vegetable Salad Hot Bran Muffins—Butter Lemon Sponge Cups Cocoa or Tea	Lamb and Vegetable Fricassee Cole Slaw Bread and Butter Hot Milk Cake Tea or Milk	Hot Fruit Punch Roast Chicken and Dressing Carrots and Peas Mashed Potatoes—Gravy Cranberry Sauce—Celery Hot Rolls—Butter—Jelly Mince-meat Pie—Cheese Milk or Coffee	Oat Fish Cakes Candied Sweet Potatoes Scalloped Tomatoes Cheese Biscuits Canned Fruit Milk or Coffee	Hamburg Deep Dish Pie Tossed Vegetable Salad Hot Biscuits—Butter Apple Pie Milk or Coffee
LUNCH BOX		Meat Loaf Sandwich with Horseradish and Pickle Brown Bread with Cream Cheese Apple, Cookie Hot Chocolate	Mashed Potato Soup, Crackers Peanut Butter Sandwich on Whole Wheat Bread Date-Nut Pudding Apple	Split Pea Soup Hamburg Sandwich Cream Cheese and Chopped Pickle on Whole Wheat Lemon Sponge Pudding	Deviled Cheese Sandwich Spread on Rye Bread Ground Lamb on White Bread Gelatin Fruit Salad Hot Milk Cake Hot Cocoa	Chicken Sandwich Egg and Celery Salad Sandwich Cranberry Relish Mince-meat Pie Coffee	Cream of Celery Soup Wiener Sandwich with Relish Cheese Biscuits with Jelly Carrot Strips Cookies, Orange, Coffee

Health-building menus for every day in November

As far as possible, food shortages have been taken into account in planning these menus. If others develop, use your own judgment about equivalent foods.

	SUNDAY	MONDAY
BREAKFAST	29 Grapefruit Prepared Cereal with Milk Waffles—Syrup Milk or Coffee	30 Stewed Prunes Prepared Cereal with Whole Milk Bacon—Toast Milk or Coffee
LUNCH	Open-face Cheese Sandwiches Head Lettuce with Spicy French Dressing Cookies, Tea	Bean and Barley Soup Paprika Crackers Carrot Strips Upside-Down Cake Milk
DINNER	Pot Roast with Potatoes and Carrots Tomato Gelatin Salad Hot Rolls—Butter Prune-Apricot Upside-Down Cake Milk or Coffee	Hot Sliced Leftover Beef Sandwiches with Brown Gravy Mashed Potatoes Buttered Peas Carrot and Celery Strips Bread—Butter Canned Fruit, Cookies Milk or Coffee
LUNCH BOX		Chopped Beef Sandwich with Pickle, Lettuce and Mayonnaise Raisin and Nut Bread Sandwich Celery Prune-Apricot Upside-Down Cake Milk

EXPLANATORY NOTES ON COOKING

PROCEDURE IN RECIPE SECTION

Because of the various types of cooking equipment found in homemakers' kitchens—coal, wood, oil, gas and electric—it is impossible to give specific instructions on the use of all equipment to secure required cooking temperatures. This is particularly true in the case of surface cooking.

In an attempt to be as specific as possible, the instructions for surface cooking have been divided into three broad classifications: one for electric ranges, another for open-flame ranges, and a third for other type fuel ranges.

In surface cooking it would be well to keep the following points in mind:

ON GAS RANGES, high, medium and low heats are secured by lowering

the flame. The simmer heat, in most cases, is secured by turning to the click-simmer position, or the lowest usable flame height.

ON OIL RANGES, different heats are secured by adjusting flame height.

ON COAL OR WOOD RANGES, the degree of heat is controlled by the position of the utensil on the cooking surface of the range.

ON ELECTRIC RANGES, the various heats are clearly marked on the switches.

OVEN COOKING time and temperatures given will, in general, remain the same for all types of ranges.

RECIPES FOR NOVEMBER MEALS

BEVERAGES

COCOA

Make a cocoa syrup, put in Mason jar, and keep in refrigerator. You can add a tablespoon of the syrup or more if you desire, to a cup of hot milk, and presto, the children have cocoa.

COCOA SYRUP WITH CORN SYRUP

2 squares chocolate
½ cup water
⅛ teaspoon salt
1 teaspoon vanilla
1½ cups corn syrup

Use a small utensil so your mixture will not scorch. Place water and chocolate together and cook until thick, stirring constantly. It is advisable to use Medium-high heat on electric range, and the flame turned down on a gas range. Remove from heat and add corn syrup and salt. Simmer for 10 minutes, stirring constantly. Add vanilla. Serve hot or cold over ice cream, cottage pudding, or dry cake.

To make cocoa, add 1½ to 2 tablespoons sauce to each cup milk. This syrup will keep indefinitely if refrigerated.

COCOA SYRUP WITH HONEY

1½ cups honey
1 cup sugar
1¾ cups boiling water
1 cup cocoa
¼ teaspoon salt
½ teaspoon vanilla

Slowly stir the boiling water into cocoa which has been placed in saucepan. Add honey. Turn heat to medium and cook 5 minutes, stirring constantly. Remove from heat and beat until well blended. Add sugar and salt, and continue cooking on medium heat for 5 minutes longer, stirring constantly. Remove from heat, add vanilla. If kept in covered glass jar, in a refrigerator, this sauce will keep for months.

HOT FRUIT PUNCH

1 quart sweet cider or grape juice
¼ cup sugar
⅛ teaspoon salt
8 short pieces stick cinnamon
12 whole cloves
8 whole allspice

Mix all the ingredients, bring to the boiling point, cool, and let stand for several hours. Reheat, remove whole spices, and serve hot. Serves 5 people.

LEMONADE SYRUP

3 cups corn syrup
½ cup sugar
1 teaspoon salt
1 cup water

Let come to a good boil, remove from heat. When cool, pour into quart jar. Place in refrigerator until wanted for use in lemonade. Use 2-3 tablespoons for each glass.

PUT YOUR OTHER FAVORITE BEVERAGE RECIPES HERE

BREADS • Quick Breads and Pancakes

BAKED BROWN BREAD

- 1½ cups sifted all-purpose enriched flour
- 2½ teaspoons soda
- 1½ teaspoons salt
- ½ cup sugar
- 2 cups graham flour
- ½ cup shortening
- 1 cup seedless raisins
- 2 eggs, beaten
- 2 cups sour milk
- ½ cup molasses

Sift flour, soda, salt and sugar together. Add graham flour, mix well. Cut in the shortening until mixture is like meal. Add raisins and mix. Beat eggs, add sour milk and molasses, beat well. Add the dry ingredients and beat vigorously until all flour is dampened. Pour batter into well greased 14 x 9 x 2" pan. Bake in preheated 350° oven for 40 minutes.

BAKING POWDER BISCUITS

- 2 cups all-purpose enriched flour, sifted before measuring
- 4 teaspoons baking powder
- 1 teaspoon salt
- 4 tablespoons shortening
- ¾ cup milk

Sift flour, baking powder and salt. Cut in shortening until mixture has the appearance of coarse corn meal. Add milk, working only enough to combine ingredients. Turn out on thickly floured board, knead until smooth. Pat or roll out ½ inch thick and cut with biscuit cutter. Place on slightly greased pan. Yields about 18 small biscuits. Bake for 10-12 minutes in preheated oven 450°. Excellent for biscuit topping on meat pie.

BRAN COFFEE CAKE

- 1 cup all-purpose enriched flour
- ½ teaspoon salt
- ¼ teaspoon soda
- 2 teaspoons baking powder
- 2 cups bran
- 2 well-beaten eggs
- 1 cup sweet milk
- 6 tablespoons molasses
- 3 tablespoons melted shortening
- ¾ cup raisins

Sift flour, then measure 1 cup and sift with salt, soda and baking powder, then add bran. Add eggs, milk and molasses. Stir well and add melted shortening and raisins. Bake in well greased 9-inch round cake pan.

Topping:

- ¼ cup sugar
- 2 tablespoons all-purpose enriched flour
- 1 teaspoon cinnamon
- 2 tablespoons butter

Mix sugar, flour and cinnamon together and cut in butter until mixture is crumbly. Sprinkle over top of batter. Bake in 375° oven for about 30 minutes.

BUCKWHEAT PANCAKES

- 2 cups buckwheat flour
- 1½ teaspoons salt
- 4 teaspoons baking powder
- 6 tablespoons shortening
- 2 eggs
- 1 tablespoon molasses
- 2¼ cups milk

Blend flour, salt and baking powder. Cut in shortening with dough blender or 2 knives. Combine the two slightly beaten egg yolks, molasses and milk and add to the dry ingredients, mixing just enough to moisten. Fold in the stiffly beaten egg whites and bake on griddle. Serve with butter and maple syrup. Makes 18 cakes.

CHEESE BISCUITS

- 2 cups sifted all-purpose enriched flour
- 4 teaspoons baking powder
- 1 teaspoon salt
- 4 tablespoons shortening
- 1 cup grated cheese
- ¾ cup milk
- Dash of cayenne

Sift flour with baking powder, salt and cayenne. Cut in the shortening, add the cheese and the milk to make a soft dough. Roll out and cut. Place on a greased baking sheet. Brush tops with melted shortening or butter. Bake in preheated 425° oven for 12 minutes.

CINNAMON BREAKFAST BREAD

- 2 cups sifted all-purpose enriched flour
- 1 teaspoon salt
- 4 teaspoons baking powder
- 4 tablespoons shortening
- ¾ to ¾ cup milk
- 1 tablespoon sugar

Sift flour with baking powder, salt and sugar. Cut in the shortening with dough blender, add sufficient milk to make a soft dough. Roll out to fit in a greased, 9-inch x 9-inch pan. Sprinkle the sugar and cinnamon over the top. Bake in a preheated oven 12-15 minutes at 450°.

Topping:

3 tablespoons sugar
1 teaspoon cinnamon

Mix well.

CORN BREAD

2 cups corn meal
2 cups sweet milk (whole or skimmed)
4 teaspoons baking powder
3 tablespoons bacon drippings
1 tablespoon sugar
1¼ teaspoons salt
1 egg

(Sour milk or buttermilk can be used in this recipe by adding 1 teaspoon soda.) Mix dry ingredients together. Beat egg, add milk and bacon drippings and add to the dry ingredients. Beat well. Pour into a very well greased and heated shallow pan. Bake in preheated 425° oven for 30 min.

CORN MEAL PARKERHOUSE ROLLS

1¾ cups all-purpose enriched flour
¾ cup corn meal
1 tablespoon sugar
¼ teaspoon soda
1 teaspoon salt
4 tablespoons shortening
1 egg beaten
¾ cup buttermilk

Sift flour, measure, then sift again with corn meal, sugar, soda and salt. Cut in the shortening. Combine beaten egg and buttermilk and mix with dry ingredients. Place on board, knead lightly. Roll out ½ inch thick, brush with melted shortening and cut with large round cutter. Fold over like Parkerhouse rolls and brush tops with melted butter or shortening. Place on greased baking sheet. Bake 20 min. in preheated 400° oven.

DUTCH APPLE CAKE

1½ cups sifted all-purpose enriched flour
½ teaspoon salt
2 teaspoons baking powder
1 tablespoon sugar
4 tablespoons shortening
1 egg, beaten
½ cup milk
4 large sour apples

Sift flour once, then sift again with salt, sugar and baking powder. Cut in shortening. Add the milk to the beaten egg and stir into the first mixture to make a soft dough. Spread dough in a shallow greased pan, 7 x 11-inch. Cut the pared and cored apples into eighths. Arrange the slices in parallel rows on the dough with pointed edge down. Sprinkle with topping. Bake in 400° preheated oven for 30 minutes.

Topping:

2 tablespoons sugar
½ teaspoon cinnamon

FRENCH TOAST

2 eggs
1 teaspoon salt
2 tablespoons sugar
1 cup milk
6 or 8 slices bread

Beat eggs slightly, add salt, sugar and milk. Dip bread in milk mixture. Cook on hot, well greased griddle or frying pan, brown on one side, turn and brown on other side.

FRUIT BROWN BREAD

¾ cup sifted all-purpose enriched flour
1 teaspoon soda
1 teaspoon salt
1½ cups whole wheat flour
¾ cup ground, dried, uncooked prunes or raisins
2 tablespoons shortening, melted
½ cup baking molasses
1½ cups buttermilk

Sift the flour, soda and salt and stir in the whole wheat flour and prunes or raisins. Mix melted shortening with the molasses and add buttermilk. Pour into the dry ingredients and mix just enough to moisten. Pour into a well greased loaf pan. Bake for 1 hour in preheated 350° oven.

GARLIC BREAD

1 loaf French or white bread
1 clove garlic
½ cup butter

Slice bread, but not through the bottom crust. Crush garlic, add to the butter and heat slowly. Remove the garlic. Brush the slices (tops and sides) of bread with garlic butter. Set loaf on an uncovered pan. Bake at 350° for 20 minutes. Serve hot.

GRAHAM BREAD

½ cup sugar
1 cup sour milk or buttermilk
3 cups graham flour
1 egg
½ cup molasses
1 tablespoon melted shortening
1 teaspoon soda
1 tablespoon boiling water
1½ teaspoons salt

Beat egg, add sour milk or buttermilk, and melted shortening and molasses. Dissolve soda in boiling water and add. Mix the graham flour, salt and sugar together and add to first mixture, beating only enough so mixture is well blended. Pour into a well greased loaf pan. Bake in preheated oven 375° for 50 minutes.

GRAHAM MUFFINS

1 cup sifted all-purpose enriched flour
4 teaspoons baking powder
1 teaspoon salt
1 cup graham flour
1 egg, beaten
1 cup milk
3 tablespoons maple syrup
3 tablespoons melted shortening

Sift the flour with baking powder and salt. Add graham flour. Beat egg, add milk, maple syrup and shortening, and add to the dry ingredients, beating constantly. Bake 25 minutes at 400°.

GRIDDLE CAKES

1½ cups sifted all-purpose enriched flour
¾ teaspoons baking powder
¼ teaspoon salt
1 egg, beaten
1 cup milk
3 tablespoons melted shortening
3 tablespoons sugar

Sift dry ingredients. Combine egg, milk, and shortening, and add to dry ingredients. Stir until smooth. Drop by spoonfuls onto hot grid. Cook on one side until puffed and full of bubbles. Turn and cook on other side.

HONEY BRAN MUFFINS

2 cups all-purpose enriched flour
1½ teaspoons baking powder
1 teaspoon soda
1 teaspoon salt
2 cups All-Bran
⅓ cup chopped nut meats (optional)
1 egg, well beaten
⅓ cup honey
1¼ cups sour milk or buttermilk
3 tablespoons melted shortening

Sift flour once before measuring, then sift again with baking powder, soda and salt. Stir in All-Bran. Mix egg, honey, sour milk and shortening together, then add gradually to the first mixture. Stir only enough to combine. Do not beat. If nuts are used, stir into dry ingredients before adding to wet ingredients. Fill well greased muffin pans two-thirds full. Bake in preheated oven, 400° for 25-30 minutes. Makes 10-12 muffins.

HONEY DATE-NUT BREAD

¾ cup honey
2 tablespoons shortening
1 egg
¾ cup dates, cut fine
¾ cup nuts, broken
1½ cups all-purpose enriched flour
¼ teaspoon salt
⅓ teaspoon soda
1 teaspoon baking powder
½ cup sour milk

Cream the honey and shortening well. Add the beaten egg. Add the dates and nuts. Sift the dry ingredients together and add, alternating with the sour milk. Pour into greased loaf pan and bake in 325° oven for about one hour.

OATMEAL HURRY-UPS

1 cup sifted all-purpose enriched flour
½ teaspoon salt
3 teaspoons baking powder
1½ cups oatmeal
3 tablespoons shortening
1¼ cups milk

Sift flour, salt and baking powder. Add oatmeal. Cut in the shortening. Stir in the milk. Drop by teaspoonfuls on a well greased baking sheet. Bake in preheated 450° oven for 15 minutes. Makes 2 dozen.

PAPRIKA CRACKERS

Spread crackers lightly with butter. Sprinkle with paprika, toast in oven.

PLAIN MUFFINS

2 cups all-purpose enriched flour
2 teaspoons baking powder
¾ teaspoon salt
4 tablespoons sugar
1 cup sweet milk
1 egg, well beaten
4 tablespoons melted shortening

Sift flour once, then measure and sift again with baking powder, salt and sugar. Combine milk, beaten egg and melted

shortening. Combine the wet ingredients with the dry ingredients. Stir only until all dry ingredients are moist. The secret of good muffins is not to stir them too much. Never beat. Pour into greased muffin pans. Bake for 15-20 minutes in preheated 425° oven. Makes 10-12 muffins.

For Corn Meal Muffins: replace $\frac{1}{3}$ of flour in plain muffins with corn meal.

POPOVERS

- 4 eggs, beaten
- 1 cup sweet milk
- 1 cup water
- 2½ cups all-purpose enriched flour
- 1 teaspoon salt
- 2 tablespoons sugar

Sift flour once, then measure and sift again with salt and sugar. Add milk and water gradually to make a smooth batter. Beat whole eggs until light and add to mixture. Then beat for six or seven minutes if using an electric beater, and longer if using a hand beater. Pour into piping hot greased oven-proof custard cups or iron popover pan. Bake in 450° preheated oven for 45 minutes. Leave in oven to dry a few minutes after baking time is up. If using custard cups, place them on a cookie sheet when ready for the oven. Yields 10-12.

POTATO SCONES

- 1½ cups all-purpose enriched flour, sifted before measuring
- ½ teaspoon salt
- 2 teaspoons baking powder
- 1 cup mashed potatoes or leftover potatoes
- 1 beaten egg
- ¼ cup milk

Sift the flour with salt and baking powder. Cut in the potatoes with pastry blender. Add milk to the beaten egg and mix with the dry ingredients. Turn onto lightly floured board. Roll to $\frac{1}{8}$ -inch thick. Cut into 2-inch squares, cut squares into triangles. Brush with melted butter. Place on greased baking sheet. Bake in preheated 450° oven for 15 minutes.

PRUNE-APRICOT MUFFINS

- 3 cups sifted all-purpose enriched flour
- 6 teaspoons baking powder
- 1 tablespoon sugar
- 1½ teaspoons salt
- ½ cup milk
- ½ cup prune-apricot juice
- 4 tablespoons melted shortening
- 1 teaspoon cinnamon
- ½ teaspoon cloves
- 1 cup cooked prunes, apricots, pitted, and cut in pieces
- 2 eggs

Beat eggs, add milk, prune-apricot juice and melted shortening. Sift the flour with baking powder, sugar, salt and spices, add to the first mixture, add prunes, apricots. Fill well greased muffin tins $\frac{3}{4}$ full and bake. Bake in preheated 350° oven for 30 minutes with rack on 2nd set of glides. Makes 1½ dozen muffins.

RAISIN BRAN MUFFINS

- 2 tablespoons shortening
- ¼ cup sugar
- 1 egg, beaten
- 1 cup bran
- ¾ cup milk
- 1 cup sifted all-purpose enriched flour
- ½ teaspoon salt
- 2½ teaspoons baking powder
- ¾ cup seedless raisins

Cream shortening and sugar thoroughly, add egg and beat. Add bran and milk, let soak until most of the moisture is taken up. Sift flour once, measure, then sift with baking powder and salt; add raisins. Add to first mixture. Mix only until flour disappears. Fill well greased muffin tins $\frac{3}{4}$ full. Bake for 30 minutes in preheated 400° oven. Makes 12 muffins. Don't overbeat muffins, for if you do, you'll have tunnels in the baked muffins. Once you begin to blend dry ingredients and milk together, do it with full speed ahead. 1 cup corn syrup may be substituted for sugar, in which event add $\frac{1}{4}$ cup more flour.

SPICED COFFEE CAKE

- 2 cups sifted cake flour
- 2 teaspoons baking powder
- ½ teaspoon salt
- 1 teaspoon cinnamon
- ¼ teaspoon mace
- 5 tablespoons shortening, unmelted
- 1 egg, well beaten
- ½ cup light corn syrup
- ½ cup milk
- ½ cup currants
- 1½ tablespoons melted shortening
- 4 tablespoons sugar
- 1 tablespoon cake flour
- ½ teaspoon cinnamon

Sift flour with baking powder, salt and spices. Cut in unmelted shortening. Combine egg, corn syrup and milk. Add all at once to flour mixture, stirring until mixture is blended. Add currants and mix well. Turn into a greased 9-inch layer pan, spread dough evenly. Brush top with the melted shortening or butter. Sprinkle the mixture of sugar, flour and cinnamon over top. Bake at 400° for 25 minutes. Serve hot.

STEAMED BROWN BREAD

- 1 cup sifted all-purpose enriched flour
- 1½ teaspoons baking soda
- 1 teaspoon baking powder
- 1 teaspoon salt
- 1 cup whole wheat flour
- 1 cup yellow corn meal
- ¾ cup baking molasses
- 2 cups buttermilk or sour milk
- 1½ cups seedless raisins

Sift white flour with baking powder, soda and salt. Add the whole wheat flour, corn meal and raisins. Combine buttermilk or sour milk and molasses. Add dry ingredients, mix thoroughly. Fill three No. 2 cans $\frac{3}{4}$ full. These should be well greased. Cover with waxed paper and tie firm with string. Steam in Economy Cooker or large kettle in which 2 cups hot water have been placed. Turn to high until boiling, then to low. Total time 3½ hours.

WAFFLES

- 2 cups all-purpose enriched flour
- 4 teaspoons baking powder
- 1 teaspoon salt
- 6 tablespoons shortening
- 2 tablespoons sugar
- 3 eggs
- 1½ cups milk

BREADS • Yeast Breads and Rolls

OATMEAL BREAD

Sponge:

- 3 cups quick-cooking oatmeal
- 4 cups boiling water
- 2 packages yeast
- ½ cup lukewarm water
- 1 teaspoon sugar
- 2 cups sifted all-purpose enriched flour

Dough:

- 6 teaspoons salt
- ½ cup baking molasses
- 4 tablespoons melted shortening
- 7 cups sifted all-purpose enriched flour

For sponge: Pour the boiling water over the rolled oats, cover and let stand until lukewarm. Add the $\frac{1}{2}$ cup of lukewarm water to the one teaspoon sugar and yeast, stir and let stand to soften. When oats are lukewarm, add the softened yeast and the 2 cups of flour. Beat well. Let rise in a warm place until light. When the oatmeal mixture is light and bubbly, add to it the

Sift dry ingredients together. Blend shortening into flour, as when making biscuits, working the ingredients until they resemble corn meal. Beat egg yolks and add milk. Beat together thoroughly. Then add dry ingredients, and beat only until liquid and other ingredients are thoroughly blended. Fold in the egg whites which have been beaten stiff. Preheat iron and bake 3 or 4 minutes. This recipe makes 12 waffles.

WHOLE WHEAT BISCUITS

- 1 cup whole wheat flour (stirred)
- 1 cup sifted all-purpose enriched flour
- 4 teaspoons baking powder
- 6 tablespoons shortening
- ¾ cup milk

Mix dry ingredients well in a large bowl. Cut in shortening until fine particles. Add milk and mix until no dry flour is visible. Put on slightly floured board; knead lightly for a minute. Roll one-half inch thick. Cut, put on a greased baking sheet. Brush top with milk. Let stand 10 minutes at room temperature. Bake in 450° oven for 10 to 12 minutes.

PARTIAL WHOLE WHEAT BREAD

- 3 cups milk
- 1 cup lukewarm water
- 4 teaspoons salt
- ½ cup molasses
- 4 tablespoons shortening
- About 6 cups all-purpose enriched white flour
- About 6 cups whole wheat flour
- 2 cakes quick-acting yeast

Dissolve yeast in the cup of lukewarm water, and to it add 1 teaspoon sugar. Allow to stand 10 minutes. Scald the milk, and to it add the molasses, and the salt. When the milk has cooled to lukewarm, add the yeast mixture. Mix the two flours together, and

add all but about 1 cupful. Some flours do not require as much liquid as others, so it is advisable not to add all the flour, until it is definitely known to be needed. Then add the softened shortening. Mix well and turn out on a floured board. Knead until the dough becomes elastic and does not stick to the board. Place in a greased bowl, cover, allow to rise until double in bulk. Remove from bowl and make into loaves. This recipe makes 4 medium size loaves. Place in greased tins, which should be sufficiently large so the tin will be $\frac{2}{3}$ full when loaves are first molded. Let loaves rise to top of pan, or until doubled in size. Bake in preheated oven for 1 hour at 350°.

PLYMOUTH BREAD

- $\frac{1}{2}$ cup yellow corn meal
- 2 cups boiling water
- 2 tablespoons shortening
- $\frac{1}{2}$ cup molasses
- 1 cake yeast
- $\frac{1}{2}$ cup lukewarm water
- $4\frac{3}{4}$ cups sifted all-purpose enriched white flour
- 2 teaspoons salt

Stir corn meal very slowly into boiling water, stirring constantly. Boil 5 minutes, add shortening, molasses and salt. Cool. When lukewarm, add the yeast which has been softened in $\frac{1}{2}$ cup of lukewarm water. Add the flour for a stiff dough. Knead well and let rise until double in bulk. Shape into 2 loaves, place in well greased loaf pans, let rise until double in bulk again. Bake in preheated oven at 350° for 1 hour, on 2nd set of glides.

REFRIGERATOR ROLLS

- $1\frac{3}{4}$ cups boiling water
- 1 cup light corn syrup*
- 1 tablespoon salt
- 2 teaspoons shortening
- $\frac{1}{2}$ cup lukewarm water
- 2 beaten eggs
- 8 cups all-purpose enriched white flour, sifted before measuring
- 2 cakes quick-acting yeast
- 1 teaspoon sugar

Mix boiling water, light corn syrup, salt, and shortening together, cool until lukewarm. Soften yeast in lukewarm water, add 1 teaspoon sugar and stir into first mixture. Add beaten eggs and stir in 4 cups flour, then beat thoroughly. Stir in 4 more cups flour and mix thoroughly, but it is not necessary to knead. Brush the top of dough with melted butter or shortening, cover tightly and store in refrigerator until ready to use. Shape as described in next column and put in a warm place until double in bulk. Bake 15 to 20 minutes in a hot 425° oven. Two cups of graham or whole wheat flour may be substituted for white flour.

*If sugar is used, replace corn syrup with $\frac{1}{2}$ cup sugar and increase liquid to 2 cups.

Variations of Refrigerator Rolls

Caramel Rolls: Roll out a rectangle of dough $\frac{1}{2}$ inch thick and 12 by 6 inches, spread with cinnamon and brown sugar, then roll. Cut in 1-inch slices and arrange in a buttered pan. Let rise till double in bulk and bake at 400°-425° for 15 to 18 minutes. While the rolls are baking, make an icing of 2 cups sifted powdered sugar, 1 tablespoon melted butter or shortening, $\frac{1}{2}$ teaspoon Mapleine flavoring and just enough warm water to make the icing spread. Spread this on warm rolls.

Clover Leaf Rolls: For each roll take three pieces of dough the size of walnuts and shape with greased fingers until smooth and round. Place in muffin tins, cover, then set in warm place to rise until double in bulk. Bake in a hot oven 400° for 15 to 20 minutes.

Coffee Cake: Knead dough until soft, and shape between the palms of the hands until it is about 20 inches long and about $1\frac{1}{2}$ inches in diameter. Hold one end in each hand and twist in opposite directions. Place swirled piece of dough in a greased pan; bring ends together to form a circle. Allow to double in bulk, brush with melted butter or shortening, sprinkle with a mixture of 1 tablespoon sugar and 1 tablespoon cinnamon, and bake in 400° oven for 20 minutes. While still warm, cover with a frosting made of 1 tablespoon butter, 2 tablespoons cream, a cup of sifted powdered sugar, and a half cup finely cut nuts.

Crescent Rolls: Roll dough about $\frac{1}{4}$ inch thick. Cut into 5-inch squares with a sharp knife, then into triangles. Brush with shortening and roll from the cut side toward the point. Press the point down firmly, roll into a crescent and place on a well greased baking sheet. Allow to rise until double in bulk. Brush with a mixture of egg white and water and bake 8 to 10 minutes in 400° oven.

Luncheon Rolls: Roll refrigerator dough until $\frac{1}{2}$ -inch thick. Cut in rounds with a small biscuit cutter and cover the top of each with melted butter or shortening. With a table knife make a crease in the top of each round. Fold the rounds over, Parker-house style, and place in greased baking pan so that they touch each other. Allow to rise till double in bulk and bake at 400° for 15 to 18 minutes.

Orange Rolls: Follow the directions for Luncheon Rolls, inserting a small section of sliced orange under the fold. After baking, brush the top of each roll with a thin icing of powdered sugar moistened with orange juice.

Pecan Cinnamon Rolls: Roll refrigerator dough until $\frac{1}{2}$ -inch thick, 10 to 12 inches long, and 6 inches wide. Spread with softened butter, sprinkle with cinnamon. Roll and cut in 1-inch slices. Cover the bottom of a baking pan, approximately 9 inches square, with $\frac{1}{2}$ cup dark corn syrup, which has been thoroughly blended with 3 tablespoons butter. Sprinkle $\frac{1}{2}$ cup broken nut meats over this. Arrange rolled slices on top of this mixture, allowing space for raising of the dough. When rolls have doubled in size, bake at 375° for 15 or 20 minutes. Individual rolls may be made by using muffin pans. Grease thoroughly, add 2 teaspoons dark corn syrup to each muffin cup, sprinkle with a few nuts, place rolled slices on top. Let rise until doubled in size. Bake as above.

WHITE BREAD

Straight Dough Method

- About 13 cups all-purpose enriched flour (sifted before measuring)
- 4 cups milk
- 1 cup lukewarm water
- 5 tablespoons sugar
- 5 teaspoons salt
- 5 tablespoons shortening
- 2 cakes quick-acting yeast

Scald the 4 cups of milk, and to it add the sugar and salt. Dissolve yeast with 1 cup lukewarm water and to it add 1 teaspoon sugar. Let stand for 10 minutes. When the 4 cups of milk have cooled, add dissolved yeast to milk mixture. Next add flour and the softened shortening. Mix well and turn out on a floured board. Knead until dough becomes elastic and does not stick to board. Place in a greased bowl, cover, allow to rise until double in bulk, then punch down. Allow to rise a second time until double in bulk. Remove bread from bowl, punch dough down, and cut into four equal size loaves. Shape, and allow to stand 20 minutes. Then flatten out each loaf and again reshape. Place in greased pans. Allow to rise until double in bulk, or until, when pressed with a finger, the imprint does not disappear. Bake in a preheated 350° oven for 1 hour. This recipe makes approximately four $1\frac{1}{2}$ pound loaves.

NOTE: Before placing bread in oven to bake, sprinkle top of unbaked bread lightly with lukewarm water. This gives a more even browning to the bread, and also makes the top crust much softer.

Always remove the bread immediately from the pans after finishing baking. Otherwise the bottom crust is apt to become soggy, and the texture of the baked bread is not so nice. It is suggested that the bread cool on wire cake coolers.

PUT YOUR OTHER FAVORITE BREAD RECIPES HERE

CAKES, COOKIES and Sweets in General

APPLESAUCE CAKE

- 1 cup shortening, half butter
- 1 cup dark corn syrup
- 1 egg
- 1 cup unsweetened applesauce
- 2¼ cups sifted cake flour
- 1 teaspoon salt
- ½ teaspoon baking powder
- 1 teaspoon soda
- ½ teaspoon cloves
- 1 teaspoon cinnamon
- 1 teaspoon allspice
- 1 cup seedless raisins
- ½ cup chopped nut meats

Cream shortening, add egg, beat until light, add 2 tablespoons of the flour, mix well. Add the corn syrup and beat thoroughly. Add applesauce. Sift flour, then sift again with salt, baking powder, soda, cloves, cinnamon and allspice. Add to the first mixture with the raisins and nuts. Pour into a well greased and floured 9 x 9-inch square pan. Bake for 1 hour in preheated 350° oven.

CADET CHOCOLATE CAKE

- ½ cup shortening (half butter)
- 1¼ cups dark corn syrup
- 3 1-ounce squares unsweetened chocolate, melted
- 1 teaspoon vanilla
- 2 eggs
- 1¾ cups sifted cake flour
- ¾ teaspoon salt
- 1 teaspoon soda
- ¾ cup milk

Cream shortening, add syrup which has been well blended with the melted chocolate. Add vanilla. Add eggs one at a time, beating well after each addition. Sift flour, measure, then sift again with soda and salt, and add alternately with the milk to the first mixture, beating well after each addition. Pour into two 8-inch well greased and floured cake pans, and bake in preheated oven, 350° for 30-35 minutes.

Frost with Jiffy Frosting:

- 2 egg whites
- ½ cup light corn syrup
- 1 teaspoon vanilla
- ¼ teaspoon salt

Beat with electric or rotary beater until of spreading consistency.

GINGERBREAD

- ¾ cup shortening, half butter
- 2 unbeaten eggs
- 2¾ cups sifted all-purpose enriched flour
- ½ teaspoon baking powder
- 2 teaspoons ginger
- ½ teaspoon cloves
- ½ cup brown sugar
- 1 cup baking molasses
- ½ teaspoon salt
- 1½ teaspoons baking soda
- 1½ teaspoons cinnamon
- ½ teaspoon nutmeg
- 1 cup sour milk

Cream shortening and sugar. Add eggs, beating well after each addition. Add molasses and blend well. Sift flour with salt, baking powder, soda and spices and add to the first mixture alternately with sour milk. Pour into a well greased and floured 10 x 10 x 2-inch pan and bake in preheated 350° oven for 50 minutes.

GINGER SNAPS

- 1 cup molasses
- ½ cup shortening
- 3¼ cups sifted all-purpose enriched flour
- 1½ teaspoons salt
- ½ teaspoon soda
- 1 tablespoon ginger

Heat the molasses over low heat to the boiling point. Put the shortening in a large mixing bowl, pour the hot molasses over the shortening. Stir until the shortening is melted. Sift flour, salt, soda and ginger together and add to the molasses mixture. Mix thoroughly. Form into rolls on slightly floured waxed paper and chill in refrigerator. Slice *very thin* and bake on greased cookie sheet in 425° oven for 8 to 10 minutes.

This recipe makes 10 to 12 dozen cookies. This mixture keeps indefinitely in the refrigerator, so can be sliced and baked as needed.

HOT MILK CAKE

- 2 eggs, well beaten
- 1 cup sugar
- 1 cup sifted cake flour
- ½ teaspoon salt
- 1 teaspoon baking powder
- ½ cup hot milk
- 1 tablespoon shortening

Beat eggs light and thick. Slowly add sugar and beat until very light and thick. Sift flour, baking powder and salt. Fold into the egg and sugar mixture all at one time. Melt the shortening in the hot milk and add all at once. The addition of the flour and milk should take only about 60 seconds. Pour into a well greased and floured pan. Bake in preheated 350° oven for 30 minutes.

LEMON MOLASSES CUPCAKES

- 2 cups all-purpose enriched flour
- 2 teaspoons baking powder
- ½ teaspoon soda
- 1½ teaspoons cinnamon
- ¼ teaspoon salt
- ½ cup milk
- ½ cup shortening, half butter may be used if desired
- ½ cup granulated sugar
- 1 egg, well beaten
- ½ cup baking molasses
- 1 tablespoon grated lemon rind

Place shortening and sugar in a medium size mixing bowl. (If using an electric mixer, follow the usual procedure for blending sugar and shortening together.) Blend these two ingredients together until light and fluffy. Add well beaten egg, and molasses. Beat vigorously. Sift flour once before measuring, then sift again with baking powder, soda, cinnamon and salt, and add to first mixture, alternately with milk, beating briskly, after each addition. Add lemon rind. Grease muffin pans, and dust lightly with flour. Fill pans half full of batter, and bake 30 minutes in a preheated oven at 350°. Makes 15-20 cupcakes, depending upon size of muffin pans.

NOTE: All-purpose enriched flour is indicated as such on bags. This is the same type of flour used in making bread.

LEMON OATMEAL COOKIES

- 1 cup shortening
- ½ cup brown sugar
- 2 eggs
- ¾ cup dark corn syrup
- 2 cups sifted all-purpose enriched flour
- ¼ teaspoon salt
- 2 teaspoons baking powder
- ½ teaspoon soda
- ½ cup milk
- 1 teaspoon vanilla
- 2½ cups quick cooking oats
- 4½ teaspoons grated lemon peel

Cream shortening and sugar, add eggs and beat well. Add corn syrup and beat thoroughly. Sift flour with salt, baking powder and soda, and add alternately to creamed mixture with milk and vanilla.

Add oatmeal and lemon rind, beating well. Drop, by teaspoonful, onto a greased baking sheet. Bake for 12 minutes in preheated 375° oven. Makes 6 dozen.

1 cup of brown sugar may be used instead of the corn syrup, then ¾ cup of milk will be needed.

MOLASSES COOKIES

- 1 cup shortening (half butter and half other shortening)
- ¾ cup sugar
- 1 cup molasses
- ¼ cup sour milk
- 2 teaspoons soda
- 1 teaspoon ginger
- ½ teaspoon salt
- 2½ cups sifted all-purpose enriched flour

Cream the shortening and sugar and add the molasses and milk. Mix well and add dry ingredients mixed and sifted together. Chill. Roll the dough thin and cut in rounds. Bake 14 minutes on greased cookie sheet. Place on 2nd set of glides of preheated 375° oven.

MOLASSES RAISIN NUT BARS

- ¼ cup shortening
- ½ cup sugar
- 1 egg
- ½ cup baking molasses
- 2 cups sifted all-purpose enriched flour
- ¼ teaspoon salt
- ¼ teaspoon soda
- 1½ teaspoons baking powder
- ½ cup sweet milk
- 1 cup chopped nuts
- 1 cup chopped raisins or dates

Cream shortening, add sugar and beat until light. Add egg, beat well, then add molasses. Sift flour with dry ingredients and add alternately with milk to first mixture. Add chopped nuts and fruit. Spread thinly in greased shallow pan. Cut in bars 3 inches long by 1½ inches wide. Bake 15-20 minutes at 350° in preheated oven.

MOLASSES SPICE CAKE

- ¾ cup shortening
- ¾ cup sugar
- 2 eggs
- ¾ cup molasses
- 2 cups sifted all-purpose enriched flour
- 1 teaspoon baking powder
- ¼ teaspoon salt
- 1 teaspoon cinnamon
- ½ teaspoon cloves
- ¾ cup raisins
- ¾ cup milk

Cream shortening and sugar until light, add eggs and beat well. Add molasses. Add dry ingredients which have been sifted together alternately with the milk. Add the raisins. Pour batter into two 8-inch, well greased and floured cake pans. Bake in preheated 375° oven for 30 minutes.

OATMEAL COOKIES

- 1½ cups honey
- ¾ cup shortening
- 1 egg, beaten
- 1½ cups oatmeal, uncooked
- 2½ cups all-purpose enriched flour
- ¼ teaspoon salt
- ¼ teaspoon soda
- 2 tablespoons hot water
- 1 teaspoon cinnamon
- ¾ cup raisins

Cream honey and fat. Add beaten egg. Sift flour, soda, cinnamon and salt into mixture. Add oatmeal, raisins, and water. Mix thoroughly. Drop by teaspoonfuls onto greased cookie sheet. Bake in moderate oven 375° for 15 minutes. Makes 30 cookies.

PEANUT BUTTER COOKIES

- ¼ cup peanut butter
- 2 tablespoons shortening
- ½ cup sugar
- 1 egg
- ½ cup light corn syrup
- ¼ cup sour milk
- 1 teaspoon soda
- 1 teaspoon baking powder
- 3 cups sifted all-purpose enriched flour

Cream peanut butter and shortening, add sugar, beat until light and fluffy. Add egg and beat. Add corn syrup and sour milk and beat thoroughly. Sift flour with baking powder and soda. Add to the first mixture, beating well. Chill. Roll out dough. Cut with cookie cutter, place on greased baking sheet and bake in preheated 400° oven 8 to 10 minutes. Makes about 4 dozen cookies.

PRUNE-APRICOT UPSIDE-DOWN CAKE

- Butter
- ¼ cup brown sugar
- 18 apricot halves
- 10 cooked prunes

Grease the pan (size 11 x 7") very generously with butter. Over this press ¼ cup brown sugar. Drain the apricots and pit the prunes. Place them alternately over

brown sugar. Pour the cake batter over this very carefully.

Batter:

- ½ cup shortening
- 1 cup sugar
- 2 eggs
- 2 cups sifted cake flour
- 2¾ teaspoons baking powder
- ½ cup milk
- 1 teaspoon vanilla

Cream the shortening, add sugar and beat well. Add eggs, one at a time, beating well after each addition. Sift flour with baking powder. Add vanilla to milk and add alternately with flour to the creamed mixture. Bake for 35 minutes in preheated 375° oven. Turn out bottom side up.

PRUNE COFFEE CAKE

- 2 cups sifted all-purpose enriched flour
- 1 teaspoon salt
- 1 teaspoon baking powder
- ¼ cup sugar
- ¼ cup shortening
- ½ cup prune juice
- ½ cup evaporated milk
- 10 large cooked prunes

Topping:

- 3 tablespoons sugar
- 1 teaspoon cinnamon

Sift flour with salt, baking powder and ¼ cup sugar. Cut in the shortening until mixture is like coarse corn meal. Mix the prune juice with the milk and add to the flour mixture, stirring thoroughly. Spread mixture in a greased 9 x 9" square pan. Cover top with sliced prunes, and sprinkle with the sugar and cinnamon mixed together. Bake for 20 minutes in preheated 425° oven. Serves 8.

PRUNE COOKIES

- 1 cup cooked prunes, pitted and cut in small pieces
- ¾ cup sugar
- ¼ cup molasses
- ¼ teaspoon baking soda
- ¼ teaspoon cinnamon
- ½ teaspoon salt
- ½ cup shortening (half butter)
- 2 eggs
- 1¼ cups sifted all-purpose enriched flour
- 1 teaspoon vanilla

Cream shortening and sugar, add molasses and eggs one at a time, beating well. Sift the flour with baking soda, salt and cinnamon. Add to creamed sugar mixture. Beat thoroughly. Add prunes and vanilla.

Mix well. Drop, by teaspoonfuls, on well greased baking sheet. Bake in preheated 375° oven for 12 minutes with rack on 2nd set of glides. Makes 56 cookies.

PUMPKIN COOKIES

- ½ cup shortening
- ½ cup sugar
- 2 eggs, beaten
- 1¼ cups sifted all-purpose enriched flour
- 2 teaspoons baking powder
- ½ teaspoon salt
- 1 teaspoon cinnamon

- ¼ teaspoon ginger
- ¼ teaspoon nutmeg
- ½ cup dark corn syrup
- 1 cup canned pumpkin
- 1 cup seedless raisins
- 1 teaspoon vanilla

Cream the shortening and sugar. Add eggs and beat well. Sift the flour with baking powder, salt and spices. Add 2 tablespoons of dry ingredients to the first mixture and mix well. Add the corn syrup and pumpkin, beat thoroughly. Add remaining dry ingredients, raisins and vanilla. Beat well. Drop, by spoonfuls, on a well greased baking sheet. Bake in preheated 400° oven 10 to 12 minutes. Makes 5 dozen.

PUT YOUR OTHER FAVORITE CAKE AND COOKIE RECIPES HERE

CEREALS, MUSH, Etc.

FRIED CORN MEAL MUSH

Bring 3 cups water to boiling point, add 1 teaspoon salt when water is boiling briskly, slowly add 1 cup corn meal. Cook about 10 minutes, on very low heat or until mush becomes thick. Pour into a loaf pan which has been rinsed with cold water. Let stand overnight. Slice ½-inch thick, and fry in good hot shortening until brown on both sides. Bacon drippings are excellent for frying corn meal mush.

FRIED NOODLES

- 2 cups noodles
- 2 tablespoons shortening
- 1 cup soft bread crumbs

Cook the noodles in boiling, salted water until tender. Drain. Rinse in cold water. Put shortening into frying pan and brown the crumbs, add noodles and cook 10 minutes.

FRIED ROLLED OATS AND BACON

Place leftover rolled oats in a greased mold. When cold, slice ½-inch thick.

Dredge in flour and dip in beaten egg which has been thinned with 1 tablespoon water. Fry 6 slices of bacon until crisp, remove from fat and drain. Fry oatmeal slices in all the bacon fat until brown on both sides. Serve with bacon slices.

HOMEMADE NOODLES

- 4 egg yolks
- 1 tablespoon milk
- 1 cup sifted all-purpose enriched flour

Beat egg yolks, add milk and stir into the flour until a stiff dough is formed. Dredge board lightly with flour and roll dough very thin.

Let stand until dough begins to curl around edges. Turn dough several times. Roll up as for jelly roll. Cut fine, using a sharp knife. Unroll and toss slices on the board to dry.

(Rice is in
Vegetable Section, page 66)

PUT YOUR OTHER FAVORITE CEREAL AND MUSH RECIPES HERE

CHEESE • Main Dishes

CHEESE SOUFFLÉ

6 tablespoons butter
6 tablespoons all-purpose enriched flour
2¼ cups hot milk
¾ pound Longhorn cheese, grated
½ teaspoon salt
9 eggs, separated

Melt butter on low heat. Add flour and blend. Add hot milk and salt. Cook until smooth and thickened, stirring constantly. Add grated cheese. Stir until cheese is melted and mixture smooth. Add well beaten egg yolks while stirring. Mix well. *Cool.* When mixture is cold, fold in stiffly beaten egg whites. Bake in well greased 3-quart casserole in a preheated oven at 300° for 1½ hours. Warn the family to be on time for dinner, because this soufflé is wonderful eating, but it won't stand long after it is finished baking.

The recipe may be cut in half, and a 2-quart casserole used if family is small. Large recipe will make 7-8 large servings.

MACARONI OR SPAGHETTI AND CHEESE

½ pound spaghetti or macaroni
broken into small pieces
Salt

Insert macaroni or spaghetti into boiling, salted water and cook rapidly at medium heat, for 25 minutes. When cooked, drain into a sieve, and pour boiling water through it. Place in well greased casserole, and cover with following sauce:

Cheese Sauce:

2½ cups milk
2 tablespoons all-purpose enriched flour
3 tablespoons butter
½ pound cheese, grated or cut into small pieces

Place butter in saucepan, add flour, and stir until thoroughly blended. Then add milk, reduce heat to medium, and cook until thickened. Add cheese, remove from range, and stir until cheese is dissolved. Pour mixture over macaroni and bake in oven for 1 hour at 350°. For something utterly different and delicious, add ½ cup leeks cut fine, or fresh spring onions.

OPEN-FACE CHEESE SANDWICH

Toast bread on both sides under broiler. Butter one side of toast. Cover with thin slices of a sharp cheese. Place cheese under broiler so that it is about 5 inches from heat. Broil slowly until cheese is soft and melted. Serve hot.

RAREBIT

1 tablespoon butter
½ pound soft cheese, grated or cut in small pieces
½ cup evaporated milk
Few grains cayenne
1 egg
Salt and pepper to taste

Melt butter on high heat. Add the cheese and seasonings and turn to low heat. As cheese melts, add the milk gradually, stirring constantly. Then add the slightly beaten egg. Two tablespoons tomato soup, added just before serving, gives a nice flavor and an attractive color. Serve on toast squares or toasted crackers.

TOMATO RAREBIT

2 tablespoons butter
2 tablespoons all-purpose enriched flour
¾ cup milk or thin cream
¾ cup strained tomatoes
2 cups grated cheese
2 eggs slightly beaten
Salt
½ teaspoon mustard
Paprika

Melt butter in saucepan, add flour, and mix thoroughly. Reduce heat. Pour in milk, and cook until thickened. Then add tomatoes slowly, next the cheese and mustard, and cook until cheese is dissolved. Add eggs and cook only a few minutes longer. Serve piping hot on toast. Serves 6.

If care is taken in adding tomatoes after the milk mixture is thickened, the mixture will not curdle. Otherwise it will be necessary to add ½ teaspoon soda, and Vitamin C and soda aren't on speaking terms, so omit the soda if you possibly can.

CHICKEN, POULTRY • Main Dishes

DIRECTIONS FOR ROASTING POULTRY

FOWL	COLD OR PREHEATED OVEN	WEIGHT OF BIRD POUNDS	OVEN TEMPERATURE	TIME IN HOURS	POSITION IN OVEN ON GLIDES
Chicken	Either	4-5	350	2-2½	1st or 2nd
Duck	Either	5-6	350	2-2½	1st or 2nd
Goose	Either	10-12	325	3-4	1st or 2nd
Guinea	Either	2-2½	350	About 2½	1st or 2nd
Turkey	Either	6-9	325	2½-3	1st or 2nd
		10-13	300	3-4	1st or 2nd
		14-17	275	4½-5½	1st or 2nd
		18-25	250-275	6-8	1st

*Oven Temperature 325-350°
Time 30 minutes per pound for small bird (3½ lbs.), 22-25 minutes per pound for larger bird (4-6 lbs.)*

1. Weigh the stuffed bird so the total cooking time may be approximated.
2. Don't attempt to roast an old bird. (Instead, put it into the stew pot and serve with dumplings or noodles.)
3. Lay the bird on a rack in an open pan.

Brush skin thoroughly with melted or softened shortening.

4. Cover bird with a cloth brushed with shortening. An excellent idea is to use chicken fat. Fry out the fat, just as for salt pork (see Pot Roast recipe—page 47). For a cloth use cheesecloth, or any thin piece of available muslin. The cloth may be removed the last 15 or 20 minutes of the roasting time.



CHICKEN WITH DUMPLINGS

Select a plump chicken. Cut in pieces. Place in saucepan, or if using an electric range, use the Economy Cooker. To a 4 lb. chicken, add about 3 cups boiling water, 2 teaspoons salt. Cover. Cook on High until steaming, and if using Economy Cooker then turn switch to Low position. Simmer slowly until chicken is done. If cooking on other type fuel range, use large kettle with cover. Bring to quick boil then reduce heat to keep a gentle simmer. Prepare dumplings. Drop by teaspoonful into boiling broth, leaving chicken in, to help hold the dumplings in place. Cover closely. Boil 12 minutes. Serve immediately.

There must be plenty of liquid to leave some for gravy, and the dumplings will absorb a little of the liquid. Be sure to check liquid before adding dumplings, and if more water is added, bring to a quick boil before dropping dumplings in mixture.

Dumplings:

- 2 cups all-purpose enriched flour
- 4 teaspoons baking powder
- 2 tablespoons shortening
- 1 teaspoon salt
- ¾ to 1 cup milk

Sift flour, measure and sift with salt and baking powder. Cut in shortening with 2 spatulas. Add milk, until a thick drop batter is obtained. It may be necessary to add a bit more milk, due to variations in flour.

CHICKEN FRICASSEE

- 4-pound chicken, cut up as for frying
- 3 tablespoons all-purpose enriched flour
- 2 cups milk
- Salt, pepper

Season a small amount of flour with salt and pepper and roll chicken in flour, as when frying. Place shortening in skillet and when hot, brown chicken as you do when frying it. Remove chicken to a casserole, or a deep baking dish. Pour off all but about 4 tablespoons of the shortening left in skillet. To this add 3 tablespoons flour, and when flour and shortening are well mixed, add 2 cups rich, whole milk. Bring to a quick boil. Pour over chicken, cover. Place in oven set at 350° and cook until chicken is tender and the cream sauce becomes thickened. This usually requires about two hours. Serves 8-10.

DESSERTS

AMHERST PUDDING

- 1 cup molasses
- 1 teaspoon soda dissolved
in molasses
- 1 tablespoon shortening
- 1 teaspoon cinnamon
- 1 teaspoon cloves
- 1 cup sweet milk
- 1 cup raisins
- 1 cup currants
- Pinch of salt
- 3½ cups all-purpose enriched flour

Mix in order given. Place in greased coffee cans, cover. Steam 3 hours in Economy Cooker, or in a large utensil with tightly fitting cover. Keep at least 2 cups of water in utensil throughout cooking.

APPLE BROWN BETTY

This pudding is usually made with apples, but almost any other fruit may be used instead, or in combination. Peaches, apricots and rhubarb are especially good. Serve hot.

- 1 cup buttered bread crumbs
- 3½ cups chopped apples, or other
fruit
- ½ cup honey (molasses may be used)
- 1 cup water
- 1 apple, washed, cored and sliced
to form rings

Mix all but ¼ of the buttered crumbs and chopped apples or other fruit and place in a deep baking dish. Bring the honey and water to a boil, and boil 2 minutes. Pour over fruit and bread mixture. Sprinkle remaining buttered crumbs on top and lay the apple rings around the edge. Bake 45 minutes at 350°.

Buttered Bread Crumbs

- 2 tablespoons butter
- 1 cup bread crumbs

Place butter in small skillet, melt slowly over low heat. Add bread crumbs. Stir until butter is absorbed.

APPLE DUMPLINGS

Dough:

- 2 cups all-purpose enriched flour
- 6 tablespoons shortening
- ¾ teaspoon salt
- 1 teaspoon baking powder
- 6 tablespoons water

Make the dough as for biscuits, roll out ¼-inch thick, cut in squares. Peel and core the apples and fill center with brown sugar, cinnamon, raisins and shortening. Wet corners of the dough and fold over apples so the whole apple is covered. Place in a greased pan, folded side down, pour sauce in pan with apples.

Sauce:

- 1 cup honey or brown sugar
- 1½ cups water
- 3 tablespoons butter
- 1 tablespoon cornstarch

Blend cornstarch and sugar. Add water and butter. Cook until thickened. Cool before adding to dumplings. Brush top of dumplings with white of egg and sprinkle with powdered sugar before putting in oven. Bake for one hour at 425°.

BAKED CUSTARD

- 6 eggs
- ¼ cup sugar
- ¼ cup honey
- 4 cups milk, scalded
- ½ teaspoon vanilla
- Nutmeg
- ½ teaspoon salt

Beat eggs slightly. Add sugar and salt, then milk, to which honey and vanilla have been added. Mix thoroughly. Pour into greased three-quart baking dish and sprinkle top with nutmeg. To test, insert knife in the center of pudding. If the knife comes out clean, the custard is done. Cool before serving. Bake for 1 to 1½ hours at 325°. Serves 6 to 8.

BAKED PRUNE AND ORANGE PUDDING

- 2 cups cooked prunes
- 2 large oranges
- 2 dozen marshmallows
- ¼ cup sugar
- ¼ teaspoon ginger
- ¼ teaspoon cinnamon
- 1½ cups soda cracker crumbs,
rolled fine
- 1 cup prune juice

Remove pits from prunes and cut into small pieces. Peel oranges, removing white membrane, and cut into small pieces. Cut marshmallows into small pieces, using wet scissors. Mix sugar, ginger and cinnamon. In bottom of 2-quart greased casserole, place a layer of the cracker crumbs, add a layer of prunes, then a layer of chopped orange, and half the sugar and spices. Add remaining cracker crumbs, prunes, oranges, sugar and spices. Scatter the marshmallows over the top. Pour prune juice over all. Cover and bake for 35 minutes in preheated 400° oven. Serve with cream. Serves 8.

BLANC MANGE

- 1 3/4 cups scalded milk
- 3 tablespoons cornstarch
- 1/4 cup sugar
- 2 egg whites, beaten stiff (if desired)
- 1/4 teaspoon salt
- 1/4 cup cold milk
- 1 teaspoon vanilla

Mix cornstarch, sugar and salt with cold milk. Add scalded milk to cornstarch mixture. Cook until mixture thickens, stirring constantly. Turn to simmer and continue cooking 15 minutes, stirring occasionally, or if range hasn't simmer heat, cook in double boiler. Cool slightly. Add flavoring and egg whites. Mix thoroughly. Pour into mold and chill. Serve with chocolate sauce or custard sauce recipe found under Gravies, Sauces and Fillings.

CHOCOLATE BLANC MANGE

Melt 1 1/2 squares chocolate, add 1/4 cup sugar and 1/2 cup boiling water, stir until smooth and add to Blanc Mange mixture (recipe above) just before taking from range. Serve with sugar and cream.

BUTTERSCOTCH PUDDING

- 1/2 cup granulated sugar
- 1/2 cup boiling water
- 2 cups milk
- 1/2 cup dark corn syrup
- 3 tablespoons all-purpose enriched flour
- 2 tablespoons cornstarch
- 1/4 teaspoon salt
- 2 egg yolks
- 1 tablespoon shortening
- 1 teaspoon vanilla

Caramelize the sugar in a heavy saucepan. Add boiling water and stir until sugar is melted and a syrup is formed. Cool. Scald the milk and corn syrup. Blend the flour, cornstarch and salt, add the cooled caramelized syrup gradually. Stir until smooth and gradually add to the scalded milk and corn syrup, stirring constantly. Cook until thickened. Beat the egg yolks, add a small amount of the hot custard, mix well and return to custard and cook 2 minutes longer. Remove from heat, add shortening and vanilla, stir until butter is melted. Chill. Serves 6.

CHOCOLATE CHIP PUDDING

- 1/4 cup shortening
- 1/4 cup sugar
- 1 egg, beaten
- 1/4 cup dark corn syrup
- 1 1/2 cups sifted all-purpose enriched flour
- 1/4 teaspoon salt
- 2 1/2 teaspoons baking powder
- 1/4 cup milk
- 3/4 cup chopped semi-sweet chocolate, or chocolate bits

Cream shortening and sugar. Add egg, beat well. Add corn syrup and beat thoroughly. Sift flour with salt and baking powder, and add to creamed mixture alternately with the milk. Add chocolate. Pour into a well greased 8 x 8 x 2" square pan. Bake in preheated 350° oven for 35 minutes. Serve with Quick Caramel Sauce. (Recipe page 57.) Serves 8.

DATE-NUT PUDDING

- 1 cup sugar
- 4 tablespoons cake flour
- 2 teaspoons baking powder
- 4 tablespoons fine cracker crumbs
- 3 eggs
- 1 cup dates, chopped
- 1/2 cup nut meats, chopped

Combine sugar, flour, baking powder and cracker crumbs. Add egg yolks, beaten until thick and lemon colored, dates and nuts. Fold in stiffly beaten egg whites, then pour into buttered pan. Do not cover. Bake in preheated or cold oven—375° for 1 hour. Serves 5-6.

FLOATING ISLAND

- 3 1/4 cups milk
- 1/2 cup honey or 1/2 cup sugar
- 1/8 teaspoon salt
- 2 tablespoons cornstarch
- 1/4 cup cold milk
- 3 egg yolks
- 3/4 teaspoon orange extract
- 1 teaspoon grated orange rind

Scald milk, add honey or sugar and salt, stir in cornstarch which has been mixed with 1/4 cup of the cold milk. Cook mixture until it thickens on low heat. Beat egg yolks and stir in a small amount of the hot custard and add to the custard and cook 3 minutes longer, stirring constantly. Add flavoring and grated rind. Pour into dish and chill. Serve meringue on top of custard.

Meringue for Top of Custard:

- 3 egg whites
- 6 tablespoons powdered sugar
- 1/2 teaspoon vanilla

Beat egg whites stiff but not dry. Gradually add sugar and beat until all sugar is dissolved. Add vanilla. Makes 6 good servings.

HOT SPICED COTTAGE PUDDING

- 1/4 cup shortening
- 1/2 cup sugar
- 1 egg, well beaten
- 1 cup sifted all-purpose enriched flour
- 2 teaspoons baking powder
- 1/2 teaspoon cloves
- 1 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 1/3 cup milk
- 3 tablespoons baking molasses

Cream shortening and sugar. Add egg, beat well. Sift flour with baking powder and spices, and add alternately to the creamed mixture with the milk and molasses. Beat well. Pour into a greased 8 x 8 x 2" square pan. Bake 35 minutes at 350°. Serves 8. Serve with Toffee Sauce. (See recipe on page 57).

LEMON SPONGE CUPS

- 2 tablespoons butter
- 1 cup sugar
- 4 tablespoons all-purpose enriched flour
- 1/4 teaspoon salt
- 5 tablespoons lemon juice
- Grated rind of 1 lemon
- 3 eggs
- 1 1/2 cups milk

Cream butter, add sugar, flour, salt, lemon juice and lemon rind. Add the well beaten egg yolks which have been mixed with the milk. Lastly add the stiffly beaten egg whites. Pour into greased custard cups. Set cups in a pan of water and bake 45 minutes. When done, each cup will contain lemon custard at bottom of cup and sponge cake on top. Cool. Unmold. It makes its own sauce. May be baked in a 2-quart baking dish. Bake for 45 minutes in preheated 350° oven. Serves 4-5.

OVEN RICE PUDDING

- 1/2 cup dry rice
- 1 quart milk, scalded
- 1/2 cup honey
- 1/4 teaspoon salt
- 1/2 teaspoon mace
- 1/4 teaspoon vanilla

Combine all ingredients in order given. Place in well greased, uncovered two-quart baking dish. Bake from cold start in 275° oven for four hours. This makes a healthful and delicious dessert.

PEACH COBBLER

- 4 tablespoons all-purpose enriched flour
- 3/4 cup light corn syrup
- 2 tablespoons melted shortening
- 3 cups sliced peaches
- 3 tablespoons lemon juice
- 1/4 teaspoon salt

For crust:

- 1 cup sifted all-purpose enriched flour
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 4 tablespoons shortening
- 1 egg, beaten
- 1/3 cup milk

Mix the flour with the corn syrup and lemon juice, sliced peaches and shortening. Place in the bottom of an 8" x 8" x 2" square pan. Cut openings in rolled dough to allow steam to escape. Place dough over peaches. Bake in 400° oven about 35 minutes.

For crust: Sift the flour with the baking powder and salt. Cut in the shortening until the mixture has the appearance of coarse corn meal. Add the beaten egg to the milk and stir into the dry ingredients. Turn dough onto a slightly floured board and roll to about 1/4 inch thickness.

PRUNE-APRICOT UPSIDE-DOWN CAKE—See page 25

TAPIOCA CREAM PUDDING

- 1/3 cup quick-cooking tapioca
- 1/3 cup honey
- 1/4 teaspoon salt
- 2 eggs
- 4 cups milk, scalded
- 1 teaspoon vanilla extract

Combine tapioca, honey, salt and egg yolks in top of double boiler. Add milk slowly and mix thoroughly. Cook until tapioca is transparent, stirring often. Remove from heat and fold into stiffly beaten egg whites. Add vanilla. This may be served either warm or cold with cream.

EGGS

Eggs are a mighty fine food to serve a family. Eggs have plenty of the essential vitamins, especially "D," that sunshine vitamin needed by all growing children. Also Vitamin "A" and the "B" group, as well as average amounts of two important minerals, phosphorus and calcium.

Don't let eggs stand in a warm place. They like a temperature between 45° and 50°, which means the lower shelf in the refrigerator.

If whites are used, and yolks are left over, place yolks in small jar, cover tightly, place in refrigerator and they will keep for several days without crusting over.

CHINESE OMELET

- ½ cup uncooked rice
- 4 tablespoons butter
- 4 tablespoons flour
- 2 cups milk
- 3 eggs, separated
- ¼ teaspoon paprika
- 1¼ teaspoons salt
- ½ teaspoon dry mustard
- 4 tablespoons grated cheese

Cook rice until tender. Rinse with hot and cold water. Make sauce of butter, flour and milk. Cook until thickened. Beat egg yolks. Add rice, sauce, seasonings and cheese. Fold in stiffly beaten egg whites. Pour into a greased shallow pan. Bake at 350° for 35 minutes. Serves 6.

CREAMED EGGS ON TOAST

- 4 hard-cooked eggs
- 1½ cups milk
- 3 tablespoons butter or drippings
- 3 tablespoons all-purpose enriched flour
- 1 teaspoon salt
- Toast as required

Cook eggs as directed under "Eggs Cooked in Shell." If you always have difficulty removing shell, it is probably because you don't cool the egg immediately after removing from hot water, by plunging it in cold water. Also, it helps if you first break the shell on the large end of the egg.

Quarter the eggs lengthwise for creaming.

Melt butter or drippings. Add flour to melted fat, then milk, stirring constantly. Cook until thick. Add eggs, but take care not to break them. Leftover vegetables such as celery, carrots, or peas can be added, which will make the mixture go farther, therefore one egg could be left out if desired. A small skillet is excellent for making white sauce. Use Medium heat on electric range. For all other type ranges, it is better to use a double boiler.

EGGS COOKED IN SHELL

NEVER, NEVER cook eggs in boiling water. Always use a low or moderate temperature, whether the eggs are to be soft, medium, or firm.

Hard-Cooked Eggs—Electric Range

Use ¼ cup cold water. Keep on High heat 4 minutes, Off for 15 minutes.

Soft-Cooked Eggs—Electric Range

- 6 eggs
- 3 tablespoons water

Place eggs and cold water in 2-quart saucepan. Cover. Place on small unit and turn switch to High. Cook for 2 minutes. Turn switch to Off and cook 4 minutes longer.

Eggs Cooked in Shell on Other Ranges

Place eggs in saucepan, cover with cold water and bring to boiling point gradually. For a soft egg, remove the moment the water starts a good boil; for a hard egg reduce heat and keep water at a simmering point. Remove in 5 to 8 minutes, depending on hardness desired.

DEVILED EGGS

- 6 hard-cooked eggs, shelled
- 1 tablespoon cream or mayonnaise
- 1½ teaspoons vinegar
- ¾ teaspoon prepared mustard
- ½ teaspoon Worcestershire sauce (optional)
- ¼ teaspoon salt
- Dash of pepper

Cut hard-cooked eggs in half. Remove yolk and put through a sieve. Add seasonings and beat until smooth and fluffy. Refill whites of egg. Garnish top with a dash of paprika, a sprig of parsley or chopped chives. Other seasonings such as onion juice, ham, sardine or cheese may be added to the yolk mixture.

FRIED EGGS

Break eggs into a skillet containing a little shortening. Bacon drippings are excellent, or butter may be used. If frying eggs after frying bacon, it's a wise idea to pour some of the bacon grease from the skillet before starting to fry the eggs. Eggs don't like to swim in too much grease.

Fry eggs over a low heat, or you won't

get the full food value from them, because eggs don't like too much heat, either. This may cause some arguing on the part of the family, for some folks like their eggs fried in very hot grease, so the white bubbles up over the eggs. It's good tasting, but a colossal waste of the health value of the eggs, in addition to being very indigestible. The skillet may either be covered or uncovered, but covered is best.

When eggs begin to set, add 1 teaspoon water, cover tightly and cook until desired hardness. Or if cooked uncovered, dip shortening over top of eggs as they cook.

For eggs to be fried well done, flip over when yolk is thoroughly set and beginning to harden.

OMELET

- 4 eggs
- ½ teaspoon salt
- Pinch of pepper
- 4 tablespoons milk
- 1 tablespoon butter

Beat yolks of eggs; add seasonings and milk. Beat whites until stiff, but not dry. Place skillet on large unit or burner, add butter. When melted turn to low heat. Have bottom and sides of skillet well greased. Fold the stiffly beaten egg whites into yolk mixture. By this time the pan should be very hot (about 5 minutes from time skillet was placed on unit). Turn in omelet, spread evenly, and cook slowly until omelet is set. Then place omelet in oven which has been preheated to 375° to dry slightly on top. Fold. Turn out, and serve at once. Finely minced ham, grated cheese, or finely chopped parsley may be folded into the mixture if desired. Serves 4.

For cheese omelet, add 2 tablespoons grated cheese to mixture or sprinkle on omelet before folding.

POACHED EGGS

Poaching is really cooking the egg, with-

out a shell, in water or steam. As in all egg cookery, the most important rule to remember is to cook them just under the boiling point.

A skillet is mighty handy for poaching eggs. Fill half full of water. Add 1 teaspoon salt, and 1 tablespoon vinegar to each quart water used. The vinegar helps hold the white in place, so it won't be so difficult to remove the egg from the water. Let water come to boiling point, drop in required number of eggs.

On an electric range, turn switch to Simmer. On any other type range, set skillet where it will keep warm, but water will not boil. Cover pan, and allow eggs to remain in water 3 minutes or longer, depending on how firm the eggs are to be cooked. Remove eggs with skimmer, or perforated spoon.

SCRAMBLED EGGS

- 5 eggs, slightly beaten
- ½ cup milk
- 1 teaspoon salt
- 2 tablespoons butter or drippings

Add salt and milk to eggs. Heat skillet, put in butter or drippings. When melted, add egg mixture. Cook over slow heat until of creamy consistency, constantly stirring and scraping from bottom and sides of pan. Do not overcook. Ham or bacon fat may be used in place of butter. Sour cream is delicious in place of milk.

SHIRRED EGGS

- Eggs
- Butter
- Milk
- Salt
- Pepper

Grease a casserole or glass utility dish generously. Break desired number of eggs in dish, sprinkle with salt and pepper, dot each egg with butter, and add one tablespoon milk for each egg. Bake in slow oven 325° until eggs are set but not hard. Serve on toast if desired.

PUT YOUR OTHER FAVORITE EGG RECIPES HERE

FISH • Main Dishes

BAKED HALIBUT WITH SPANISH SAUCE

2 pounds frozen halibut

Spanish Sauce:

- 1 can condensed tomato soup
- 1 small onion, chopped
- 4 tablespoons chopped green pepper

Place halibut in greased utility dish. Mix tomato soup with chopped green pepper and onion, and pour over fish. Bake for 1 hour in cold or preheated oven at 375°.

BAKED STUFFED FISH

For fish weighing 3 to 5 pounds, clean and scale and remove tail and head. Rub with salt inside and out. Stuff and sew. Place fish on well greased dripping pan. Bake 10 to 15 minutes at 500° then reduce heat as fish browns to 425° and bake 30 to 45 minutes longer, depending on thickness of fish. Do not baste oily-meated fish. Baste dry fish every 10 minutes or cover with thin slices of salt pork.

Bread Stuffing

- 5 cups bread cubes
- ½ cup chopped celery
- ¼ cup chopped onion
- 2 tablespoons chopped parsley
- 1 tablespoon salt
- ½ teaspoon pepper
- ¼ cup shortening

Combine the crumbs, parsley, salt and pepper. Meanwhile melt the fat in a frying pan, add onion and celery and simmer gently until tender. Mix with seasoned bread cubes. (If dry bread is used, more moisture should be added.)

FISH SAUCES

See page 57 for Creole and Tartar Sauce Recipes. Delicious with fish.

FRIED FISH

Place one-half inch of shortening in a skillet. Heat shortening until very hot, but

not smoking. Season fish, roll with salt and pepper in cracker crumbs or corn meal. Brown fish on one side, then turn and brown on other side. Remove from skillet. Serve very hot.

To clarify remaining shortening, fry a few thick slices of raw potatoes in it until brown and well done; strain through muslin and when cold, cover. Shortening may be used many times for frying and then be made into soap.

OAT FISH CAKES

- 2½ cups boiling water
- 1½ teaspoons salt
- 1½ cups uncooked oatmeal
- ¼ teaspoon black pepper
- 1 pound can pink salmon, undrained
- ½ cup yellow corn meal
- 5 tablespoons shortening for frying

Add oatmeal and salt to boiling water. Cook slowly, stirring often. When oatmeal is very stiff, remove from heat. Cool and add salmon and pepper. Mix with fork until salmon is flaked and bones mashed. Shape into 10 large cakes. Dip in corn meal and let stand 15 minutes. Fry in shallow hot shortening until brown on both sides.

SALMON LOAF

- 1 large can pink salmon
- 1 teaspoon salt
- ½ teaspoon pepper
- ½ cup hot milk
- ¼ teaspoon paprika
- 2 tablespoons lemon juice
- 2 egg yolks
- ½ cup cracker crumbs
- 3 egg whites

Mix together salmon from which the skin and bones have been removed, and which has been mashed fine. Add salt, pepper, paprika, lemon juice, beaten egg yolks, cracker crumbs and hot milk. Fold in egg whites which have been beaten stiff. Pour into well greased loaf pan. Bake in preheated oven at 350° for 1 hour. Serves 4-5.

PUT YOUR OTHER FAVORITE FISH RECIPES HERE

FRESH AND DRIED FRUITS

APRICOTS

Cook as for prunes. Use 4 tablespoons sugar for sweetening.

BAKED APPLES

Wash sour apples and core without breaking through blossom end of skin, $\frac{2}{3}$ of the way down from top of apples. Put in a baking dish and fill cavities with sugar and spice. Allow $\frac{1}{2}$ cup sugar and $\frac{1}{4}$ teaspoon cinnamon or nutmeg to 8 apples. If nutmeg is used, a few drops of lemon juice and few gratings from rind of lemon added to each apple is an improvement.

Cover bottom of dish with boiling water and bake in 400° oven until soft. Baste several times with syrup in dish. Serve hot or cold with cream.

Variations: Nuts, dates, raisins, currants or bits of candied fruits may be placed in the cavity with sugar. Use either white or brown sugar. Honey makes an excellent sweetening instead of sugar.

CINNAMON APPLESAUCE

10 medium size cooking apples
 $\frac{1}{2}$ cup water
5 tablespoons sugar
5 tablespoons cinnamon drops

Wash, pare, remove core and quarter apples. Add the $\frac{1}{2}$ cup water, cover and cook slowly until soft. Add sugar and cinnamon drops. Simmer long enough to melt sugar and cinnamon drops. Serve hot. 7 servings.

Note: For Plain Applesauce omit cinnamon drops and add two tablespoons sugar.

FRIED APPLES

8 apples
 $\frac{1}{2}$ teaspoon salt
2 tablespoons honey
3 tablespoons bacon drippings
2 tablespoons water

Wash apples, cut in quarters, remove stem blossom end and seeds. Slice in medium thin pieces. Put grease in skillet and when hot, add apples, salt, and honey mixed with water. Cook on high heat for 5 minutes, then reduce heat to low. Requires about 25 minutes to finish cooking.

CRANBERRY SAUCE

4 cups cranberries
2 cups granulated sugar
2 cups water

Wash cranberries carefully and pick out any soft ones. Put sugar and water in saucepan, and bring slowly to boiling point. Boil about 10 minutes, or until a thin syrup is formed. Add the cranberries, cover and simmer gently until clear and transparent, but not broken. Chill well before serving. Makes 4 cups.

BAKED PEARS (Quartered)

Select 6 firm ripe pears. Wash, quarter, peel and core pears; arrange in a deep baking dish. Pour over $\frac{1}{2}$ cup molasses, the juice of one-half lemon, and $\frac{1}{4}$ cup water. Bake in 350° oven about 45 minutes to 1 hour, or until pears are tender, but still firm. Cool. Serve with cream. If winter pears, time will probably be longer.

BAKED PEARS (Whole)

Select firm ripe unblemished pears. Wash. Cut off thin slice from blossom end, stand upright in pan. Sprinkle with sugar or corn syrup. Dot with butter and bake in 350° oven about 45 minutes, or until tender.

HONEY BAKED PEARS

10 pear halves
3 tablespoons lemon juice
 $\frac{1}{2}$ cup honey
 $\frac{3}{4}$ teaspoon cinnamon
2 tablespoons butter

Place the pear halves in a greased shallow baking dish. Combine honey and lemon juice and pour over pears. Sprinkle with cinnamon and dot pears with butter. Bake in preheated 350° oven for 30 minutes, basting occasionally with the sauce.

PRUNES

Prunes vary in price according to size. The smaller prune is probably the best buy, and there is little difference in flavor.

Prunes contain all the B vitamins, also A. Better yet, they contain calcium, phosphorus and iron, three vital minerals.

To cook: With electric range—wash prunes with cold water. To each pound

of prunes add 2 cups water, and $\frac{1}{4}$ teaspoon salt. Use a covered utensil for cooking prunes. Cook on High heat until steaming, then turn to Simmer or lowest position which will maintain steaming. Cook 45 minutes to one hour. Add 1 tablespoon sugar just before removing from heat.

To cook: All other types of fuel ranges—
To each pound of prunes add 2 cups of water. Bring to steaming point, reduce heat so prunes will not boil too rapidly. Add 1 tablespoon sugar just before removing from range.

PRUNE COOKERY POINTERS

Crushed cooked prunes and bananas, plus

PUT YOUR OTHER FAVORITE
FRESH AND DRIED FRUIT RECIPES HERE

a small amount of honey, and a few drops lemon juice, make a delicious cake filling. By using a pair of scissors you can pull the pits from cooked prunes, and leave the fruit practically whole.

One pound of prunes yields two pounds when cooked and makes 8 or 9 generous servings.

STEWED FRESH FRUIT

It is advisable, whenever possible, to use a small amount of sugar in addition to corn syrup when sweetening the fruit. To $2\frac{1}{2}$ pounds of fruit, such as apples, peaches, pears, plums, apricots, use $\frac{1}{4}$ cup sugar and $\frac{1}{2}$ cup corn syrup. The corn syrup may be increased according to sweetening desired. Add sweetening last five minutes of cooking. A dash of salt added just before removing from range also aids in bringing out the natural sweetness of the fruit.

MEATS • Main Dishes

BARBECUED CUBE STEAK

- 4 tablespoons ketchup
- 3 tablespoons vinegar
- $1\frac{1}{2}$ tablespoons meat drippings, melted, but not hot
- 2 tablespoons water
- 2 teaspoons Worcestershire sauce
- $\frac{1}{2}$ teaspoon salt
- 4 cube steaks
- 4 slices bread
- 3 tablespoons shortening

Combine ketchup, vinegar, drippings, water, Worcestershire sauce, salt, and heat. Pour over steaks and let stand 15 minutes. Drain, reserving sauce. Place steaks on broiler rack, 2 inches below broiler unit. Broil 5 minutes on each side, basting each side with sauce.

Spread bread on each side with shortening and brown on broiler rack as meat broils. Place steaks on bread. Serves 4.

BARBECUED MEAT LOAVES

For meat loaves:

- 1 lb. ground beef chuck
- 3 slices bacon, ground
- $\frac{1}{4}$ cup fine bread crumbs
- 1 small chopped onion
- 1 teaspoon salt
- Dash of pepper
- $\frac{1}{4}$ cup milk

For Zippy Sauce:

- $\frac{1}{4}$ cup ketchup
- 2 tablespoons vinegar
- 1 teaspoon Worcestershire sauce
- $\frac{1}{2}$ teaspoon chili powder

Combine all ingredients for meat loaves and mix well. Form into six individual loaves. Place in greased baking pan. Mix sauce ingredients together and pour over meat loaves. Bake in 350° oven for 40 minutes.

BRAISED BEEF HEART WITH VEGETABLES

- 4 or $4\frac{1}{2}$ lbs. beef heart
- 4 tablespoons shortening
- 2 cups boiling water
- 6 small carrots
- 10 small onions
- 4 cups cubed potatoes
- 2 cups tomato juice
- 3 teaspoons salt
- $\frac{1}{4}$ teaspoon pepper
- 3 tablespoons unsifted all-purpose enriched flour
- $\frac{1}{2}$ cup water

Remove arteries and veins from heart. Wash well and let stand in cold water for one hour. Drain and dry. Melt the shortening in large, heavy saucepan or Dutch oven and brown the heart. Add the boiling water, cover, and cook slowly for three hours. Add carrots and onions and cook for $\frac{1}{2}$ hour. Add potatoes, tomato juice and seasonings and cook $\frac{1}{2}$ hour longer. Make a thickening of the flour and water. Add to the meat and vegetable mixture. Serves 8.

BRAISED LIVER CASSEROLE

- 2 tablespoons shortening
- 3 large onions, sliced
- Dash cayenne
- 1 teaspoon paprika
- 1 tablespoon chopped parsley
- 1 cup brown rice, uncooked
- $2\frac{1}{2}$ cups bouillon or water
- 6 slices bacon
- $\frac{1}{2}$ lb. pork liver, sliced
- 3 tablespoons all-purpose enriched flour
- $\frac{1}{2}$ cup water

Put shortening in skillet on low heat, add sliced onions, cayenne, paprika, parsley and brown rice. Stir constantly while rice is cooking to prevent sticking. When rice is lightly browned, add bouillon or water, cook one hour, or until rice is tender. Dredge liver with 2 tablespoons of the flour. Fry bacon until almost crisp. Lay on absorbent paper to drain. Fry liver in bacon fat until almost done. Place rice in a buttered 2-quart casserole, lay liver over rice. Make a gravy by adding 1 tablespoon of flour to shortening in pan, add water, stir until smooth and thickened. Pour gravy over rice and liver, lay bacon on top, crisp in hot 400° oven for 10 minutes. Serves 6.

BRISKET OF BEEF WITH STEAMED DUMPLINGS

- 3 lb. brisket of beef
- 3 tablespoons all-purpose enriched flour
- 2 tablespoons shortening
- 3 cups water
- 6 carrots
- 6 medium size potatoes
- 2 onions
- $1\frac{1}{2}$ teaspoons salt
- $\frac{1}{4}$ teaspoon pepper

Cut meat into serving portions, dredge in the flour and brown in the hot shortening in stewing kettle. Add water and cook on low heat until meat is nearly tender. Bring to a boil and add carrots, potatoes, onions, salt and pepper. Cook 20 minutes. Place

dumpling dough over vegetables and cook 20 minutes longer. Remove dumplings to a deep dish and pour the gravy over them. Arrange meat and vegetables on a serving platter. Add 2 tablespoons flour, blended with cold water and add to the broth, and cook until thickened for gravy. Serves 6.

Dumplings:

- 1 cup sifted all-purpose enriched flour
- 1½ teaspoons baking powder
- ½ teaspoon salt
- 2 tablespoons shortening
- ½ cup milk

Sift the flour with salt and baking powder, cut in shortening, add milk for a soft dough, roll out ¼-inch thick. Cut in 2-inch squares and brush over with melted shortening.

Horseradish Sauce

- 1 tablespoon all-purpose enriched flour
- 1 tablespoon shortening
- ¼ teaspoon paprika
- ½ teaspoon sugar
- ¼ teaspoon salt
- 1 teaspoon onion juice
- ½ cup consomme or milk
- ½ cup coffee cream
- 3 tablespoons grated horseradish

Blend the flour and shortening together. Add paprika, sugar, salt and onion juice. Then add the milk or consomme and cook on low heat for 15 minutes. Add cream and horseradish. Cook 5 minutes longer. Delicious with brisket of beef.

BROILED LAMB, SAUSAGE OR HAMBURG PATTIES

- 1½ pounds ground meat
- 2 tablespoons grated onion
- 1 teaspoon salt
- ½ teaspoon pepper

Season ground meat with grated onion, salt and pepper. Mix thoroughly and shape into inch-thick patties. Place on broiler pan so meat is about 5 inches from heat. Broil on one side, turn and allow to broil on second side. Total time about 18 minutes.

CHILI CON CARNE

(Serves 6)

- 2 pounds ground neck beef
- ¼ cup chopped suet
- 2 tablespoons all-purpose enriched flour
- 1 No. 2 can kidney beans
- 2 tablespoons chili powder
- 2 cloves garlic, finely cut
- 2 quarts cold water
- 1 onion, chopped fine

Heat suet in a kettle. Brown finely cut garlic and onions in suet, then add ground meat and brown it. This should be stirred occasionally. Add flour and water. With an electric range, turn switch to Simmer and cook for several hours. On other fuel type ranges simmer at a very low temperature. Keep tightly covered. A No. 2 can of tomatoes can be substituted for half the water. Just before serving, add beans. If dried beans are used, cook them in Economy Cooker, cooking on High heat until boiling, then turn to Low and continue cooking for several hours. If any kidney beans are left over, they make a delicious salad mixed with sour pickle, a little onion and salad dressing. Keep beans in refrigerator and wait a couple of days before springing them on the family as a salad.

CORNEB BEEF HASH OR LEFTOVER MEAT HASH

- 2 cups corneb beef, or roast or stewed beef, ground
- 3 cups cold, boiled potatoes, ground
- 1 onion, ground
- Salt and pepper to season

Combine beef, potatoes and seasonings. Moisten with milk or cream, just enough so ingredients will hold together. Gravy can also be used, if any should be left over. Put in hot frying pan, in which drippings have been melted. Spread evenly over skillet. Then place over low heat and continue cooking until hash is slightly browned on bottom of skillet.

DRIED BEEF GRAVY

- ½ pound dried beef
- 1 quart milk
- 4 tablespoons drippings
- 6 tablespoons all-purpose enriched flour, or more if gravy is desired very thick

Place drippings in skillet and allow it to become quite brown, but not burned. Add flour, and stir with drippings, until all particles of flour are brown. Next add dried beef which has been shredded. Allow the dried beef to become brown and well coated with flour mixture. If using an electric range, turn switch to Medium when dried beef is added. For all other ranges, lower heat. Add milk, stirring as needed to prevent lumping.

DUTCH OVEN DINNER

- 1½ lbs. round steak
- 6 small carrots
- 2 stalks celery
- 3 slices onion
- 4 tablespoons bacon fat
- 3 large potatoes, halved
- ¾ cup water
- 1 teaspoon salt
- ½ teaspoon pepper
- 1 tablespoon all-purpose enriched flour
- 2 tablespoons water

Cut steak into 6 individual servings. Rub with salt and pepper. Dredge with flour. Pound slightly as for Swiss steak. On each piece of meat, place a small carrot cut in quarters and 3 slivers of celery. Wrap steak around vegetables. Fasten with toothpicks. Brown on all sides in the bacon fat. Add the halved potatoes and ¾ cup water. Cover, bring to quick boil, then simmer for 1 hour. Remove to heated platter. Thicken the drippings with 1 tablespoon flour blended with 2 tablespoons water. Serves 6.

FRIED LIVER

- 1 pound liver
- Bacon drippings
- 2 pounds onions
- ¼ cup all-purpose enriched flour
- 1 teaspoon salt
- ½ teaspoon pepper

Cover liver with boiling water. Drain immediately from water. Mix flour, salt and pepper together and dredge liver with it.

In skillet, place 3 tablespoons bacon drippings. When hot, add liver and brown on both sides. Peel and thinly slice the onions. Place onions over liver, add 1 tablespoon water, and reduce heat to low. Cook 25 minutes. It may be necessary to add more salt to the onions.

Pork liver is wonderful from health standpoint, also cheaper to buy. Beef liver is next, and calves' liver, the most expensive, doesn't furnish as many of the necessary vitamins. Pork liver is a little stronger in flavor than the others, but onions help conceal this.

FRIED SAUSAGE

Cut apart and prick. Place in hot skillet. Add ¼ cup water, reduce heat, cover tightly and fry until brown.

HAMBURG DEEP DISH PIE (Serves 6)

Biscuit Crust (Use your favorite biscuit recipe)

Meat pie filling:

- ¾ pound hamburger
- 3 teaspoons salt
- ½ cup tomato juice
- ½ cup peas
- 6 small young carrots, or if larger carrots are used, cut in lengthwise pieces
- 3 large potatoes, diced
- 5 small onions

Place carrots, peas and diced potatoes in kettle. Add tomatoes, cover tightly and cook on surface unit. On electric range turn switch to High and when steaming, turn switch to Simmer and cook for 10 minutes. On any other type range, just as soon as boiling, reduce heat, or set on part of range not quite so hot.

Grease a casserole. Cover bottom with half of hamburger, sprinkle with half of salt. Add part of the partially cooked vegetables, next the remainder of the hamburger, and lastly, all the remaining vegetables, juice and all. The casserole must be large enough so the juice will not boil out. Cover with biscuit dough which has been flattened to fit the casserole. Place it over the filling, score (that means take a sharp knife and cut some slits through the dough so steam can escape). Bake in a preheated oven 375° for 50 minutes.

Use remaining biscuit dough for hot biscuits.

HASH AND MUSHROOM CASSEROLE

- 1½ cups chopped leftover meat
- 2 cups leftover vegetables
- 1 10½ oz. can condensed mushroom soup
- ½ teaspoon salt
- ¼ teaspoon pepper
- 1 tablespoon butter
- ½ cup soft bread crumbs

Mix all ingredients except bread crumbs and butter together. Pour into a greased 2-quart casserole. Top with the buttered crumbs. Bake at 375° for 20 minutes. Serves 6. Buttered crumbs recipe on page 33.

HOT LEFTOVER BEEF SANDWICHES

Butter slices of enriched white or whole wheat bread. Cut medium thin slices of meat from cold roast. Place leftover gravy in skillet and if necessary add water to make consistency of medium thin white sauce. Add slices of meat to gravy mixture. Cook on medium low heat for about 10 minutes. Place bread on serving plate, cover with meat and gravy mixture. Serve with mashed potatoes.

HUNGARIAN GOULASH

- ¼ lb. salt pork, cubed
- 2 lbs. beef, cubed
- ½ cup onion, minced
- 4 cups water
- 5 tablespoons green pepper, minced
- 1 bay leaf
- 1 tablespoon chopped parsley
- 4 cloves
- 1 stalk celery
- 2 teaspoons salt
- ¼ teaspoon pepper
- 5 tablespoons all-purpose enriched flour
- 4 tablespoons water
- 2 teaspoons paprika
- 2 cups tomatoes

Sauté salt pork, brown meat and onions in the hot fat. Add water, green pepper, bay leaf, parsley, cloves, celery, salt and pepper. Cover, let come to a boil, turn to simmer for 2 hours. Blend flour and water; add paprika and add to the meat mixture. Stir well. Add tomatoes and cook ½ hour longer. Serve with canned fried noodles if desired. Serves 8.

LAMB AND VEGETABLE FRICASSEE

- 4 large neck slices of lamb (2½ lbs.) (Have butcher cut neck slices about 1 inch thick)
- 2 tablespoons shortening
- 1 cup tomato juice
- 2 teaspoons salt
- ¼ teaspoon pepper
- 3 large potatoes, quartered
- 4 carrots, halved
- 8 small onions
- 2 cups celery, cut in 2-inch pieces
- 1½ tablespoons all-purpose enriched flour
- 2 tablespoons cold water

Brown lamb quickly in hot shortening on both sides in skillet. Drain off shortening. Add tomato juice, 1 teaspoon salt and ½ teaspoon pepper. Cover and simmer one hour. Add onions, potatoes and carrots to liquid. Top with the celery and sprinkle remaining salt and pepper over top of vegetables and cook 30 minutes longer. Mix flour with water to smooth paste. Add gradually to hot liquid, stirring carefully until thickened, taking care not to break the vegetables while stirring.

LIVER LYONNAISE

- 1 cup thinly sliced onion
- 3½ cups thinly sliced potatoes
- 1 teaspoon salt
- ¼ teaspoon pepper
- 5 tablespoons shortening
- 1½ lbs. sliced pork liver
- 2 tablespoons all-purpose enriched flour

- 1½ cups medium white sauce
- ½ cup soft bread crumbs
- 1 tablespoon butter

Sauté onion, potatoes, ½ teaspoon salt and ½ teaspoon pepper in 3 tablespoons of the shortening until tender. Remove from the skillet. Heat the 2 tablespoons of shortening in skillet and sauté liver which has been cut in squares and dipped in the flour, and seasoned with ½ teaspoon salt and ½ teaspoon pepper for 10 minutes. Arrange liver, potatoes and onion in a buttered 3-quart casserole. Pour over white sauce. (Recipe on page 65). Sprinkle over the bread crumbs which have been buttered. Bake for 30 minutes in preheated 375° oven. Makes 6 large servings.

MEAT PIE WITH BISCUIT TOPPING

- 5 medium size potatoes
- 4 carrots
- 3 stalks celery
- 2 medium size onions
- 3½ cups cubed cooked leftover meat
- 2 tablespoons all-purpose enriched flour
- 4 tablespoons shortening
- 2 tablespoons water
- Salt and pepper to season

Dice potatoes, carrots and celery in medium size pieces. Parboil in 2 cups of boiling water for 10 minutes, bringing to a quick boil and then reducing heat. Chop onions and brown in shortening. Add leftover meat and brown in hot fat and onions. Thicken the vegetables and liquid with flour which has been mixed with water. Season to taste. Place all ingredients in a greased 3 qt. casserole. Cover with Baking Powder Biscuit Crust. (Recipe for Baking Powder Biscuits page 15.)

MEAT-RICE BALLS IN VEGETABLE SAUCE

- 1 pound ground beef
- ½ cup cooked rice
- 1 cup chopped onion
- ¼ cup milk
- 1 beaten egg
- 2 teaspoons salt
- ¼ teaspoon pepper
- ⅛ teaspoon sage
- ⅛ teaspoon dry mustard
- 3 tablespoons shortening
- ¾ cup chopped green pepper
- 2½ cups cooked or canned tomatoes
- 1 cup diced carrots
- 1 cup diced celery

Combine meat, rice, ¼ cup chopped onion, milk, egg, 1 teaspoon salt, ⅛ teaspoon pepper, sage and mustard. Form into 12 balls. Brown in the hot shortening. Add the ¾ cup chopped onion and green pep-

per. Cook until soft but not brown. Add tomatoes, carrots, celery, 1 teaspoon salt and ½ teaspoon pepper. Cover. Bring to a boil on high heat, then simmer for 45 minutes. Makes 6 generous servings.

POT ROAST AMERICAN STYLE

- 4 pounds beef (this can be a chuck, shoulder, or clod cut of beef)
- Salt, pepper and all-purpose enriched flour
- 2-inch cube salt pork
- ½ cup hot water
- Carrots, potatoes, onions

Rub meat with flour, with which has been mixed salt and pepper. In a skillet fry out the salt pork which has been cut in small cubes. That means to heat the skillet, add small cubes of salt pork, and the grease from pork will melt out. Turn down heat so as not to let the pork scorch. Better use Medium heat on electric range. When there is sufficient grease in the skillet, place meat in hot grease and brown on all sides. If using electric range, place meat in Economy Cooker, add ½ cup water, with switch set on High. Just as soon as steam escapes, turn switch to Low. For any other type range, the meat may be placed in a large kettle, and cooked on the surface, or placed in a covered casserole and cooked in the oven at 250°.

One hour before ready to serve, add vegetables, and it is advisable to add additional salt to the vegetables. In the electric range, turn switch to High as soon as vegetables are added, and when steaming again, finish cooking on Low.

When cooking on any range other than electric, it may be necessary to add more water to prevent burning.

Delicious gravy can be made from liquid left in kettle.

SAVORY HAM AND CARROT LOAF

- 2 tablespoons shortening
- 3 tablespoons unsifted all-purpose enriched flour
- 1 cup milk
- ¼ teaspoon salt
- ¼ teaspoon pepper
- 1 pound ground smoked ham
- 3 tablespoons chopped onion
- 1 cup fine, soft bread crumbs
- 2 eggs
- 2 cups grated raw carrots

Melt shortening in saucepan, add flour and mix well. Add milk, stirring constantly and

cook until thickened. Add salt and pepper. Combine ham, carrot, onion, bread crumbs, slightly beaten eggs and white sauce, and mix well. Place in a greased loaf pan and shape into a loaf. Bake for 1 hour in preheated 350° oven.

STUFFED PEPPERS

- 6 medium size green peppers
- 3 cups leftover cooked and ground meat
- 1½ cups cooked rice
- 1 medium size onion ground with meat
- ½ cup leftover gravy
- 1 tablespoon Worcestershire sauce (optional)
- 1½ teaspoons salt

Cut off thin slice from stem end of peppers, remove seeds, wash thoroughly. Parboil peppers 2 minutes in boiling, salted water, drain, and fill with meat which has been mixed with rice, gravy and seasonings. Stuff the peppers with a teaspoon so the mixture will be solid. Stand the peppers up in skillet to which ¼ cup water has been added. Place cover on skillet. A deep saucepan may be used instead of skillet. When steam escapes from vent in cover, reduce heat to simmer or very low flame, and continue cooking about 25 minutes. If the oven is being used, the peppers may be placed in a casserole, covered, and baked for 25-30 minutes at 350°.

SUPPER MEDLEY

- 1½ pounds round steak, ground
- 1 No. 2 can tomatoes
- 2 large onions, chopped
- 2 teaspoons salt
- ¼ teaspoon pepper
- 1 No. 2 can peas
- 1 pkg. spaghetti, left long
- ½ pound Old English cheese
- Paprika

Cook meat, tomatoes, onions, salt and pepper together slowly until meat absorbs the tomatoes. Use simmer heat and it will be unnecessary to stand and stir the mixture constantly. Place meat in center of a greased utility dish. Place peas around the meat and cover all with cooked spaghetti. Cover the top with the cheese which has been cut into small pieces and sprinkle lightly with paprika. Bake in a 350° oven for 35 to 40 minutes until the cheese has melted and browned slightly. This is an entire meal, but a vegetable salad bowl is delicious served with it.

SWISS STEAK

- 2 lbs. beef, 1-inch thick
- ½ cup all-purpose enriched flour
- 1 teaspoon salt
- ½ teaspoon pepper
- 2 tablespoons shortening
- 3 slices onion
- 1 cup water

Use round, chuck, or shoulder beef; dredge with mixture of flour, salt and pepper, and pound into steak with wooden potato masher or meat pounder. Brown in hot shortening in heavy frying pan or Dutch oven. Add onion and water. Cover and simmer 1 hour, or until meat is very tender. If a thick steak (2 to 2½ inches) is used, simmer meat about 2 hours. Serves 6.

PUT YOUR OTHER FAVORITE MEAT RECIPES HERE

PASTRY

Since several members of a family may be working on different shifts, it complicates the problem of baking. It will be helpful to keep on hand some homemade mixes, such as the following recipe for pie:

ALREADY-READY LARD PIE MIX

- 7 cups all-purpose enriched flour
- 4 teaspoons salt
- 4 cups shortening

Sift flour, measure, and add salt. Cut shortening into flour with knives or pastry blender until crumbs are coarse and granular. Cover and store in refrigerator until ready to use. In using Pie Mix, 2½ cups are required for a 2 crust pie and 1½ cups for a 1 crust pie. It will require from 4 to 6 tablespoons very cold water to make mix into a dough. In mixing, measure out required amount of pie mix and proceed as in making plain pastry.

APPLE PIE

- 6 medium size apples (or 3 cups sliced apples)
- 1 tablespoon butter
- 1 cup sugar or honey
- 4 tablespoons all-purpose enriched flour
- 2 tablespoons lemon juice

Mix apples with flour. Line a 9" pie dish with pastry. Place apples in this. Dot with bits of butter, then add honey mixed with lemon juice. Add a perforated upper crust, pushing it toward the center. Press edges together and trim. Bake in preheated oven 425° for 45 minutes.

APPLE-RAISIN CREAM PIE

- ½ cup sugar
- ½ teaspoon salt
- 2 tablespoons unsifted all-purpose enriched flour
- ½ cup light corn syrup
- ¼ teaspoon nutmeg
- ¾ cup sour cream
- 1 egg, beaten
- 1½ cups chopped cooking apples
- 1 cup seedless raisins
- 1 unbaked pie crust

Blend the sugar, salt and flour, add the corn syrup, sour cream and beaten egg, and mix well with chopped apples and raisins, pour into unbaked 9-inch pie shell, sprinkle nutmeg over top and bake in preheated 400° oven for 40 minutes.

If all sugar is used and no syrup, use 1 cup sugar.

BERRY PIE

- 1 No. 2 can berries or 2 cups, solid pack
- ¾ cup honey or sugar
- 4 tablespoons tapioca
- 4 tablespoons lemon juice
- 2 tablespoons butter

Mix berries, honey, lemon juice and tapioca together. Pour into 9-inch piepan which has been lined with pastry. Dot with butter. Cover with top crust which has opening cut in it. Bake in preheated 425° oven for 45 minutes.

CHOCOLATE PIE FILLING (With corn syrup)

- 2¼ cups milk
- 1 cup light corn syrup or ¾ cup sugar
- 6 tablespoons unsifted all-purpose enriched flour
- 3 egg yolks
- ¼ teaspoon salt
- 1½ oz. unsweetened chocolate
- 1 teaspoon vanilla
- 3 egg whites
- 3 tablespoons sugar

Scald 2 cups of the milk with the corn syrup. Blend the ¼ cup of cold milk with the flour and salt, add the egg yolks and beat well. Pour slowly into the scalded milk and cook on low heat until thick, stirring constantly. Add melted chocolate and vanilla. Cool. Pour into crust and cover with meringue made with the 3 egg whites beaten stiff. Gradually add the 3 tablespoons sugar. Bake for 15 minutes at 325°.

MINCEMEAT PIE

- 3 cups finely chopped, cooked lean meat
- 4½ cups raisins
- 2 cups currants
- 9 cups chopped apples
- 3 cups brown sugar
- 3 teaspoons salt
- 6 teaspoons cinnamon
- 3 teaspoons mace
- 3 teaspoons cloves
- Grated rind and juice of 3 lemons
- ¾ pound citron
- 7½ cups fruit juice
- 2 cups finely chopped suet

Cook all together until apples are done. This makes 4 quarts of mincemeat. Pack in clean hot sterilized jars, and seal im-

mediately. For a 9-inch pie, line a 9-inch piepan with plain pastry. Fill with $2\frac{1}{2}$ cups of mincemeat. Cover with vented top crust. Bake in 425° oven for 35 to 40 minutes.

NOTE: Many of the packaged mincemeats on the market are excellent.

PLAIN PASTRY

2 cups all-purpose enriched flour
 $\frac{3}{4}$ teaspoon salt
 10 tablespoons shortening
 6 to 8 tablespoons cold water

Sift flour once before measuring, then sift again with salt. Cut in the shortening. Do not cut finely, but leave pieces of fat as large as peas. Add the water all at once, then mix with a fork, cutting through the mixture with each stroke. When all gathers together so that the bowl is left clean, dough may be chilled or rolled out at once. Roll out pastry using flour generously on board and rolling pin. Chilling before rolling gives a more flaky pie crust. This makes enough for two 9-inch shells or 1 double 9-inch pie. When making pie, be sure the upper crust has sufficient open space to allow steam to escape. When baking pastry shell, bake in preheated oven 15-20 minutes at 450° .

PUT YOUR OTHER FAVORITE PASTRY RECIPES HERE

PUMPKIN PIE

$2\frac{1}{2}$ cups cooked pumpkin
 1 cup brown sugar
 1 cup milk
 3 eggs
 $\frac{1}{2}$ teaspoon cinnamon
 $\frac{1}{4}$ teaspoon nutmeg
 $\frac{1}{2}$ teaspoon ginger
 $\frac{1}{4}$ teaspoon salt
 1 tablespoon melted shortening
 1 unbaked 9-inch pie shell

Mix together pumpkin, sugar, milk, spices, salt and melted shortening and add beaten eggs. Pour into unbaked pie shell and bake 15 minutes at 450° and 30 minutes at 375° . Use preheated oven and 2nd glide from bottom.

TARTS, MINCEMEAT OR PUMPKIN

Roll pastry $\frac{1}{8}$ " thick. Cut into 4-inch rounds. Then fit these rounds into large muffin pans or individual piepans. Crimp the pastry around edge of pan. Fill pastry cup with mincemeat or pumpkin pie filling. Bake in 450° oven for 15 minutes, then about 20 minutes at 350° .

SALADS and SALAD DRESSINGS

APPLE AND CARROT SALAD

3 apples, coarsely diced
 2 cups shredded raw carrot
 1 tablespoon onion, finely minced
 $\frac{1}{2}$ cup cream, sweet or freshly soured
 2 tablespoons lemon juice
 $\frac{3}{4}$ teaspoon salt
 $\frac{1}{8}$ teaspoon pepper

Dice unpeeled apples and combine with grated carrots and onion. Add cream blended with lemon juice, salt and pepper. Mix well. Serve on lettuce. Serves 6.

BET AND LETTUCE SALAD

4 spring onions, sliced fine
 2 cooked beets, chopped
 6 tablespoons salad oil
 1 head lettuce
 4 tablespoons vinegar
 1 uncooked egg yolk
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{2}$ teaspoon dry mustard
 $\frac{1}{4}$ teaspoon sugar

Beat egg yolk with a fork, add onions, salt, mustard and oil. Just before serving, add vinegar. Chop lettuce into medium size portions and place in a large bowl. Add chopped beets. Pour dressing over this. Take two forks and gently lift the lettuce so the dressing will permeate through the salad.

BET AND ONION SALAD

2 cups diced cooked beets
 3 tablespoons chopped onion
 1 cup chopped celery
 1 hard-cooked egg

Combine beets, onion and celery. Serve on lettuce leaf, garnish with slices of hard-cooked egg. Use mayonnaise or French dressing.

CABBAGE AND APPLE SALAD

1 package lemon flavored gelatin
 1 pint hot water
 4 teaspoons vinegar
 $\frac{1}{2}$ teaspoon salt
 1 cup shredded cabbage
 1 cup diced, unpeeled apples
 $\frac{1}{4}$ cup chopped sweet pickle

Dissolve lemon flavored gelatin in hot water. Add vinegar and salt. Chill until slightly thickened. Fold in cabbage, ap-

ples, and pickles. Turn into individual molds. Chill until firm. Unmold and serve on crisp lettuce leaves, topped with salad dressing.

CELERY AND APPLE SALAD

2 cups cubed unpeeled apples
 $\frac{3}{4}$ cup chopped celery
 $\frac{1}{4}$ cup mayonnaise
 $\frac{1}{4}$ cup nuts, if desired
 Pinch of salt

Combine all ingredients. Cover, place in refrigerator and allow to stand at least 15 minutes before serving. Serve on crisp lettuce or endive.

CELERY AND CARROT SALAD

1 package orange flavored gelatin
 1 pint hot water
 2 teaspoons vinegar
 $\frac{1}{4}$ teaspoon salt
 $\frac{1}{2}$ cup mayonnaise
 $\frac{1}{2}$ cup diced celery
 1 cup raw grated carrots

Dissolve orange flavored gelatin in hot water. Add vinegar and $\frac{1}{8}$ teaspoon salt and chill until slightly thickened. Fold $\frac{1}{2}$ of gelatin mixture into mayonnaise. Add celery and fill individual molds, or ring mold, half full with this mixture. Chill until firm. Season carrots with salt. Fold into remaining slightly thickened gelatin mixture and pour over firm mixture already in mold. Chill until firm. Unmold on crisp lettuce and top with mayonnaise.

CHOPPED BET AND COTTAGE CHEESE SALAD

Place a mound of cottage cheese seasoned with cream, salt and pepper in the center of a lettuce cup. Surround cottage cheese with pickled beets which have been cut into small pieces. (See Pickled Beet Recipe, page 62.)

COLE SLAW (Green or Red Cabbage)

Use fresh, tender green or red cabbage if possible. To keep cabbage crisp, place in vegetable drawer of refrigerator. Use a very sharp knife and shred cabbage very fine. Following are several dressings which may be used:

Evaporated Milk Dressing

- ½ cup sugar
- ½ cup vinegar
- ½ cup evaporated milk
- ½ teaspoon salt

Dissolve sugar in vinegar, and stir until sugar is dissolved. Beat in milk until mixture thickens. Pour over cabbage. Use a fork to blend dressing through cabbage.

Sour Cream Dressing

- ½ cup sour cream
- ½ cup vinegar
- ½ cup sugar
- ½ teaspoon salt

Use same mixing method as above.

Vinegar Dressing

- ½ cup vinegar
- 3 tablespoons water
- ½ cup sugar
- ½ teaspoon salt

Mix as above.

COTTAGE CHEESE SALAD No. 1

- 2 cups well seasoned cottage cheese
- 1 cup chopped dates
- 1 cup chopped tart red apples, unpeeled
- Mayonnaise dressing

Combine cheese, dates and apples. Moisten with mayonnaise. Serve on crisp lettuce leaf.

COTTAGE CHEESE SALAD No. 2

- ½ cup finely diced cucumber
- 3 tablespoons finely minced chives or young onion tops
- 2 cups well seasoned cottage cheese

Proceed as above.

CUCUMBER SALAD

- 2 cups hot water
- 1 box lime flavored gelatin
- 1 cup ground cucumber
- 1 green pepper, ground
- 1 large pimento, ground
- ½ teaspoon salt

Pour hot water over gelatin and stir until dissolved. Cool and let stand until thick and syrupy. Grind cucumber, pepper and pimento. Add salt. Add to gelatin mixture and stir well. Turn into mold which has been rinsed in cold water. Chill until firm. Serve on lettuce leaves with mayonnaise. Serves 8.

EASY MAYONNAISE

- 2 tablespoons all-purpose enriched flour
- ½ teaspoon salt
- ½ teaspoon mustard
- ½ teaspoon sugar
- ½ cup cold water
- 1 egg yolk
- 2 tablespoons vinegar
- ½ cup salad oil

Mix flour with dry ingredients in a small saucepan. Stir in the water gradually, so there will be no lumps. Stir over low heat until mixture thickens. (If heat cannot be controlled, use a double boiler.) Remove from range. Put egg yolk, vinegar and oil in small bowl. Add the hot paste and beat vigorously until cool. The dressing will thicken on cooling.

Variations:

Egg Dressing

Hard-cook 2 or 3 eggs. Chop medium fine and blend with ½ cup of mayonnaise. Particularly good on leaf lettuce for a salad.

Russian Dressing

Into 1 cup mayonnaise fold 1 hard-cooked egg, chopped, ¼ cup chili sauce, 2 tablespoons chopped green pepper.

Thousand Island Dressing

Into 1 cup of mayonnaise, fold 2 tablespoons chili sauce, 2 tablespoons chopped green pepper, 2 tablespoons pimento, 2 tablespoons chopped sweet pickle.

FRUIT SALAD

Use any leftover fruit, canned or fresh. Even leftover dried fruit may be used. Add salad dressing.

Be sure to drain all the syrup from the fruit, or you'll have fruit soup instead of fruit salad. Save the liquid drained from fruit and use it in salad dressings, or better yet, use instead of water in making gelatin dessert or salads.

Don't throw any food away. A thrifty cook always finds some use for it, and food not eaten is like throwing money away.

Dressing for Fruit Salad

- ¼ tablespoon salt
- 1 teaspoon mustard
- ¾ teaspoon sugar
- Few grains cayenne
- 2 tablespoons all-purpose enriched flour
- 1 egg or 2 egg yolks, slightly beaten
- 2 tablespoons butter
- ¾ cup milk
- ¼ cup vinegar

Sift dry ingredients, add egg, butter, milk, and vinegar very slowly. Stir and cook

over boiling water until mixture begins to thicken. Strain and cool. For a thinner dressing, use one egg yolk.

GELATIN FRUIT SALAD

Use any flavor gelatin desired, but lime or lemon usually makes the tarest salad. Leftover fruits may be used. The addition of a teaspoon of lemon juice gives a little more zest to the salad. If you should have a piece of cucumber left in the refrigerator, cut in small pieces and add about 2 tablespoons to fruit salad. Cucumber gives an unusual flavor to fruit salad.

GRATED CARROT SALAD

Wash young, tender carrots very carefully. Grate on fine grater and gently toss French dressing through them, using a fork. Place on lettuce leaves and serve at once. A bit of cheese may be grated with carrots.

KIDNEY BEAN SALAD

- 1 No. 2 can or equal amount of red kidney beans, thoroughly chilled
- 4 sweet pickles, cut fine
- ½ cup celery, cut fine (if celery not available, can be omitted)
- 1 small onion, grated fine
- ½ cup chopped peanuts
- Boiled salad dressing

Drain any liquid from beans. Add remaining ingredients, and serve on lettuce leaf.

LEMON SUNSHINE SALAD

- 1 package lemon flavored gelatin
- 1 cup boiling water
- 1 teaspoon salt
- 1 tablespoon lemon juice or diluted vinegar
- 1 cup cold water
- 1 cup finely shredded cabbage
- ½ cup finely grated raw carrot
- 1 tablespoon finely chopped onion

Dissolve lemon flavored gelatin in boiling water. Add salt, lemon juice or diluted vinegar and cold water. Chill when it begins to thicken. If in a hurry, put mixture in dessert tray of refrigerator freezer compartment. When beginning to thicken, add remaining ingredients. Don't shred the vegetables until just ready to place in salad. However, if you must prepare them in advance, cover and place in refrigerator

until ready to use. Chill in individual molds. Serve on lettuce leaf, with favorite salad dressing.

LETTUCE WITH SOUR CREAM DRESSING

Use either head or leaf lettuce. Shred in medium fine pieces. With a fork gently blend in sour cream dressing made as for cole slaw.

MIXED VEGETABLE SALAD

The mixed vegetable salad is one of the simplest of all bowl salads. Any number of fresh or cooked vegetables may be added to it. Lettuce, chicory, romaine, endive, escarole, water cress, fresh young green dandelions or raw spinach. Choose one or several kinds of the above greens as the body of the salad, then add such other vegetables as you find in the refrigerator; sliced or chopped radishes, onions, celery, green pepper, cucumber, tomato, carrot, sliced cauliflower, or bits of leftover string beans, beets, carrots, peas, etc.

Be sure the greens for your salad are crisp, clean and dry. Wash them thoroughly in cold water, then dry by shaking in a towel. No salad should ever be watery! Break the greens into desired pieces. Add chopped or sliced vegetables. Mix in salad dressing using two forks, being sure not to break the vegetables. The "Special French Dressing" is especially tasty! Serve on lettuce leaves or in individual salad bowls.

MOLDED APPLE SALAD

- 1 package lemon or lime flavored gelatin
- 1 cup hot water
- ¾ cup cold water
- 2 cups apples, diced
- 2 tablespoons lemon juice
- 1 cup diced celery
- ½ cup chopped nut meats
- ¼ teaspoon salt
- Lettuce
- Mayonnaise

Add hot water to gelatin, stirring until dissolved, then add cold water. Let cool until it begins to thicken. Stir lemon juice into diced apples to prevent discoloring. Fold diced celery, nuts, apples and salt into gelatin, and pour into one large mold or 8 individual molds, which have been rinsed with cold water. Chill. Turn out on crisp lettuce and top with mayonnaise. Serves 8.

PERFECTION¹ SALAD

- 1 tablespoon plain gelatin
- ¼ cup cold water
- 1 cup boiling water
- ¼ cup sugar
- ½ teaspoon salt
- ¼ cup vinegar
- 1 tablespoon lemon juice
- 1 cup chopped celery
- ½ cup shredded cabbage
- 2 tablespoons chopped green pepper
- 1 pimiento, chopped

Soak gelatin in the cold water, add boiling water and stir until dissolved. Add sugar, salt, vinegar, lemon juice and mix well. When mixture begins to thicken, add vegetables and turn into molds which have been rinsed in cold water. Serve on lettuce with French dressing or mayonnaise. Serves 6.

PICKLED BEETS—See Vegetables page 62

SWEET PEPPER RELISH

- 3 red peppers
- 3 green peppers
- 2 medium size onions
- ½ cup vinegar
- ½ cup light corn syrup
- 1 teaspoon salt
- 1 teaspoon celery salt

Wash peppers, remove stems and seeds. Peel onions and grind the onions and peppers together. Cover with hot water and simmer 15 minutes. Drain. Add vinegar, corn syrup, salt and celery salt. Simmer 10 minutes. Store in covered jar in refrigerator. Makes 1 pint.

TOMATO SALAD

- 1 quart hot, stewed tomatoes
- 1 teaspoon salt
- 2 packages lemon flavored gelatin
- ½ cup sliced pickled onions or 1 teaspoon onion juice
- ¼ cup sliced stuffed olives
- ¼ cup diced green pepper
- 1 cups diced celery

Dissolve gelatin in hot tomatoes, add salt and cool. When gelatin begins to congeal, add rest of the ingredients. Put into a large mold rinsed in cold water or individual molds. Serve on lettuce leaves, with either French dressing or mayonnaise. Serves 10.

TOMATO GELATIN SALAD

- 2 cups tomato juice
- ¼ onion, grated fine
- ¼ teaspoon celery salt
- ¼ teaspoon salt
- 2 tablespoons gelatin, or 1 box lemon flavored gelatin
- ¼ bay leaf
- 2 cloves

Heat tomato juice to boiling, add onion, bay leaf, salt, cloves and celery seed. Cover. Simmer 10 minutes, strain. If gelatin is used, dissolve in 2 tablespoons cold water, then add hot tomato mixture. Stir until gelatin is dissolved. If lemon flavored gelatin is used, pour hot mixture over, and stir. Pour into individual molds or a flat utility dish. When firm, unmold or cut into squares. Serve on lettuce leaf.

WALDORF SURPRISE SALAD

- 2 cups cubed, unpeeled apples
- ½ cup chopped dates or raisins
- ¼ cup chopped celery
- ¼ cup mayonnaise
- 1 tablespoon horseradish

Combine the horseradish and mayonnaise and mix well. Add to celery, apples, and dates or raisins. Cover, place in refrigerator and allow to stand at least an hour before serving. Serves 6.

WILTED LETTUCE OR ENDIVE

- Lettuce or endive
- 4 slices bacon cut in small pieces and fried brown
- ¾ cup vinegar
- ¼ cup water
- 1 teaspoon sugar

After bacon is browned, add other ingredients and heat to boiling point. Pour over endive. Sliced hard-cooked eggs and a little diced onion make this extra good.

PUT YOUR OTHER FAVORITE
SALAD AND SALAD DRESSING RECIPES HERE

SANDWICHES, SANDWICH SPREADS

BAKED BEAN SANDWICH

Mash baked beans until very fine. Add 1 teaspoon grated onion, and sufficient mayonnaise to moisten. Spread on slices of bread. Chopped sweet or sour pickle may be added.

BEEF-TOMATO SANDWICH FILLING

- 1 pint hot tomato pulp, strained
- 2 tablespoons minute tapioca
- ½ lb. grated cheese
- ¼ lb. dried beef, ground fine
- ⅞ teaspoon pepper
- ¼ teaspoon mustard

Add tapioca to hot tomato and cook on low heat 15 minutes, stirring constantly. Add cheese gradually. Stir until melted. Remove from heat. Add dried beef and seasonings and cool.

CARROT-PEANUT SANDWICH SPREAD

- 1 cup finely grated carrots
- ½ cup finely chopped salted peanuts
- 3 tablespoons mayonnaise
- ¼ teaspoon salt

Combine all the ingredients. Spread between buttered slices of whole wheat bread.

CORNEB BEEF SANDWICH SPREAD

- 4 oz. cooked corned beef
- 6 tablespoons minced sweet pickle
- 2 teaspoons finely minced onion
- 1 teaspoon prepared mustard
- 2 oz. sharp American cheese
- 2 tablespoons mayonnaise
- ¼ teaspoon salt
- ⅞ teaspoon pepper

Cut cheese into small pieces and blend thoroughly with mayonnaise until smooth and soft. Add shredded corned beef and other ingredients. Spread on half slices of buttered whole wheat and white bread. A slice of tomato and crisp lettuce may be added to each sandwich if desired. Makes 12 sandwiches.

DEVILED CHEESE SANDWICH SPREAD

- ½ pound mild cream cheese
- 1 small onion
- 3 canned pimientos
- 3 hard-cooked eggs, chopped
- ¼ teaspoon salt
- ¼ teaspoon paprika
- 4 tablespoons mayonnaise

Grind the cheese, onion and pimento. Add the chopped eggs, seasonings and mayonnaise and mix well.

EGG AND CELERY SALAD SANDWICH

- 3 hard-cooked eggs
- ½ cup finely cut celery
- Mayonnaise or sandwich spread

Moisten the finely chopped hard-cooked eggs and celery with sandwich spread or mayonnaise. Spread between slices of buttered, enriched bread.

GROUND HAM SANDWICH

- ½ cup vinegar
- 1 teaspoon prepared mustard
- ½ teaspoon salt
- ¼ cup light brown sugar
- 1 egg, well beaten
- ½ pound ground, cooked, spiced ham

Combine all ingredients except ham, and cook, stirring constantly, until boiling. Boil 5 minutes. Cool, then add ham and mix well. Spread between buttered slices of enriched white or whole wheat bread.

GROUND MEAT TURNOVER

Use all or part of the standard biscuit recipe. Roll dough ¼ inch thick and about 4 inches square. Brush squares with melted shortening. Place triangle of cheese on one half the square. Add one tablespoon of ground sandwich mix, such as ham, mayonnaise, mustard pickle, etc. Fold over the other half of the dough forming a triangle. Press edges together. Bake in a hot oven 20 to 25 minutes. Serve hot or cold.

HONEY BUTTER

If you are particularly fond of cinnamon toast, give it a delicious new flavor with the aid of honey butter. Blend 2½ cups

of honey with $\frac{3}{4}$ cup butter. Let the butter stand at room temperature until soft enough to blend. Add the honey and stir until it is thoroughly mixed. Put it in a jar with a tight cover and let it remain in the refrigerator two or three days before using. This mixture also may be used as a spread for sandwiches, or when hardened it makes a delicious sauce on puddings.

HOT MEAT AND ONION SANDWICH

Cook 2 cups sliced onions until tender or about 10 minutes in 2 cups boiling water. Thicken slightly with flour mixed with cold water and cook 5 minutes longer. Stir in 2 cups cut-up or ground leftover or canned meat and heat thoroughly. Season to taste with salt and pepper, and for an extra good touch you might add some dried celery tops or parsley. A dash of chili sauce or tomato ketchup also spices up the flavor. Serve on slices of bread, or leftover biscuits, making sure to use plenty of the gravy.

MEAT LOAF-EGG SANDWICH

Place sliced meat loaf on slices of buttered whole wheat bread. Cover with slices of hard-cooked egg and spread with mustard or mayonnaise. Top with another slice of buttered bread.

MOCK CHICKEN SANDWICH FILLING

- 1 cup coarsely ground cooked pork or veal
- $\frac{1}{2}$ cup chopped or shredded raw carrots
- $\frac{1}{2}$ cup chopped celery
- 2 tablespoons Chow Chow
- 3 tablespoons mayonnaise
- Salt to taste

Combine all ingredients and mix thoroughly. Spread between slices of enriched or whole wheat bread which have been buttered.

OPEN-FACE HAMBURGERS

- 6 slices bread
- 1 pound hamburger
- $\frac{3}{4}$ teaspoon salt
- $\frac{1}{8}$ teaspoon pepper
- 1 tablespoon butter

Season the hamburger with salt and pepper, and make 6 patties about the size of a slice of bread. Toast bread on one side. Top untoasted side with the raw patty, spread meat with butter. Broil 5 minutes

on 1 side, turn meat and broil on other side until done. Serve with catsup, onion slices, or chili sauce. Serves 6.

PEANUT BUTTER-BACON SANDWICH SPREAD

- $\frac{1}{2}$ cup peanut butter
- 4 strips crisply fried bacon
- 2 tablespoons mayonnaise

Combine peanut butter and finely broken bacon. Moisten with mayonnaise.

PEANUT BUTTER-CHILI SAUCE SANDWICH SPREAD

Combine 1 cup peanut butter or peanut crush with $\frac{1}{3}$ cup chili sauce. Spread on bread. Serve with dill pickles.

PEANUT BUTTER AND CHOW CHOW SANDWICH

- $\frac{1}{2}$ cup peanut butter
- 2 tablespoons Chow Chow
- 2 tablespoons mayonnaise

Combine peanut butter, Chow Chow and mayonnaise. Spread between slices of buttered, enriched bread.

PEANUT BUTTER, HONEY, YEAST SANDWICH SPREAD

To sufficient peanut butter for 4 or 5 sandwiches, add $\frac{1}{4}$ cup honey, and 1 cake compressed yeast. This makes an excellent sandwich, because the yeast is rich in some of the necessary vitamins.

PEANUT BUTTER-MARMALADE SANDWICH SPREAD

Combine $\frac{1}{2}$ cup peanut butter and $\frac{1}{4}$ cup orange marmalade. Spread on buttered cracked wheat bread.

SALMON SALAD SANDWICH FILLING

- 1 1-lb. can pink salmon
- 1 chopped sour pickle
- 2 hard-cooked eggs
- 1 cup chopped cabbage or celery
- Mayonnaise

Flake the salmon, removing the skin and bones. Add chopped pickle, cabbage or celery and eggs. Then add mayonnaise to moisten.

SAUCES AND FROSTINGS

CORN SYRUP FROSTING

- 1 cup corn syrup
- 2 egg whites
- $\frac{1}{4}$ teaspoon salt
- 1 teaspoon vanilla
- $\frac{1}{2}$ cup nuts (optional)

Place all ingredients except vanilla in bowl and beat with rotary or electric mixer until mixture becomes stiff and stands in peaks. Fold in vanilla and nuts. (This frosting requires a great deal of beating, therefore it is better if made in an electric mixer.)

CRANBERRY SAUCE...Page 41

CREOLE SAUCE

- 2 tablespoons shortening
- 2 tablespoons all-purpose enriched flour
- 2 tablespoons chopped onion
- 4 tablespoons chopped green pepper
- 2 cups tomato juice
- $\frac{1}{2}$ teaspoon salt

Melt shortening over low heat. Add onion and green pepper and cook for 5 minutes. Stir in flour and salt until smooth paste is formed. Add tomato juice and stir continually until sauce is thickened.

CUSTARD SAUCE

- 3 egg yolks
- 3 tablespoons sugar
- Pinch of salt
- $1\frac{1}{2}$ cups milk
- $\frac{1}{2}$ teaspoon lemon extract
- $\frac{1}{2}$ teaspoon vanilla

Beat egg yolks, add sugar and salt, mix well. Add milk and cook over low heat until thick. Chill. Add lemon extract and vanilla.

HONEY BUTTER TOPPING

Honey Butter Topping is perfect for gingerbread and spice cupcakes. This topping is made by folding 1 cup of honey meringue into a tablespoon of melted butter (should not be hot)—always stir the meringue into the melted butter and NOT the butter into the meringue. Resulting mixture has the texture of whipped cream and all the taste satisfaction of hard sauce. Add a bit of grated lemon rind and lemon juice for variety.

HONEY MERINGUE DRESSING

For Electric Beater: $\frac{1}{4}$ to $\frac{1}{2}$ cup honey to one egg white. Put in bowl of mixer and turn on speed 2. Allow mixture to whip until it peaks.

Hand Beater: $\frac{1}{4}$ cup honey to each egg white. Beat egg white until stiff. Add honey slowly, beating until all honey is well blended in before adding more. After all honey is added beat until mixture is stiff and peaks. Keep this mixture in a flat bowl, uncovered, in refrigerator.

Just the thing for date tortes, baked apples, gelatin desserts, puddings, sundae sauces, hot or iced chocolate, malted milks. It also serves as a meringue for pie, baked Alaska, and sweet potatoes en casserole.

QUICK CARAMEL SAUCE

- $1\frac{1}{4}$ cups dark corn syrup
- $\frac{1}{2}$ cup coffee cream
- $\frac{3}{4}$ teaspoon vanilla

Combine corn syrup and cream. Mix well. Boil 3 minutes, add vanilla.

SYRUP FOR PANCAKES, WAFFLES

- 1 cup white corn syrup
- 1 cup honey
- 1 cup evaporated milk

Bbl together for 5 minutes. Serve hot.

TARTAR SAUCE

- 1 cup mayonnaise
- 2 tablespoons finely chopped pickles or 1 tablespoon each of chopped pickles and olives
- 1 teaspoon onion juice
- 1 tablespoon finely chopped parsley
- 1 tablespoon chopped green pepper, if desired

Mix all ingredients. Serve with fish.

TOFFEE SAUCE

- $\frac{3}{4}$ cup light corn syrup
- $\frac{3}{4}$ cup undiluted evaporated milk
- 2 tablespoons butter
- 1 teaspoon vanilla

Combine corn syrup, milk and butter in a saucepan. Cook on low heat, stirring constantly until butter is melted. Add vanilla. Serve warm.

SOUPS

BEAN AND BARLEY SOUP

- 1 cup lima beans
- 6 cups cold water
- 2 teaspoons salt
- 1/4 teaspoon pepper
- 2 slices onion
- 1 small carrot
- 3 tablespoons barley
- 1 cup evaporated milk
- 2 tablespoons butter

Soak beans overnight. Drain, add cold water and salt. Cook until almost tender. Cut onion and carrot into small pieces. Add vegetables and barley to beans and cook together until soft. Add milk and butter before serving. Peas or lentils may be used instead of beans. Makes 6 servings.

CORN CHOWDER

- 2 cups canned corn
- 4 cups potatoes, cut in 1/2 inch pieces
- 1 slice onion cut fine
- 4 cups scalded milk
- 8 soda crackers
- 3 tablespoons butter or bacon drippings
- Salt and pepper

Put shortening in a kettle, and when melted, add onion, and cook slowly about 5 minutes. Turn heat to medium as soon as shortening is melted. Add potatoes, and 2 cups boiling water and cook until potatoes are soft, add corn and milk. Heat to boiling point. Season with salt and pepper, more shortening if desired, and crackers which have been split. Serves 6 generously.

CREAM OF CELERY SOUP

- 4 tablespoons butter
- 4 tablespoons all-purpose enriched flour
- Dash paprika and pepper
- 1 teaspoon grated onion
- 1 1/2 teaspoons salt
- 2 cups milk
- 1 cup cooked celery, diced
- 2 cups celery water

Melt butter in saucepan on high heat. Add flour and seasonings. Add milk, and cook until thickened. When thickened, add celery and celery water. Turn to simmer and continue cooking for 35 minutes. Serves 4 to 5.

CREAM STYLE CORN SOUP

- 3 3/4 cups cream style corn or leftover corn
- 2 slices onion, 1-inch thick
- 3 cups milk
- 1 1/2 cups water
- 3 tablespoons chopped pimento
- 3 tablespoons butter
- 4 1/2 tablespoons unsifted all-purpose enriched flour
- 1 1/4 teaspoons salt
- 1/4 teaspoon pepper

Combine corn, onion, milk, water and pimento. Let come to a boil, then simmer 20 minutes. Rub through a sieve. Blend butter and flour, salt and pepper and add the sieved corn mixture. Heat to the boiling point and serve. Serves 8.

CREAM OF TOMATO SOUP

- 4 tablespoons butter
- 4 tablespoons all-purpose enriched flour
- 1 1/2 teaspoons salt
- 2 cups milk
- 2 cloves
- 2 cups canned tomatoes
- 1/8 teaspoon pepper
- 1/2 bay leaf
- 1 tablespoon chopped onion

Melt 2 tablespoons butter in saucepan on high heat. When melted, add 2 tablespoons flour and 1 teaspoon salt. Turn to medium heat, add milk gradually, and cook until slightly thickened. In another saucepan cook together on high heat the tomatoes, 1/2 teaspoon salt, pepper, bay leaf, and onion. Cook on medium heat for 10 minutes, strain. Thicken with 2 tablespoons butter and 2 tablespoons flour which have been blended together. Add milk to tomato mixture. Do not allow to come to boil, but serve at once. Boiling tomato soup after the milk and tomatoes have been mixed will make the soup curdle. Serves 4-5.

ONION SOUP

- 5 large onions
- 4 tablespoons butter
- 6 1/4 cups boiling water
- 9 bouillon cubes
- 1 1/4 teaspoons salt
- 1/4 teaspoon pepper

(Meat stock may be used instead of the bouillon cubes and water.)

Slice onions thin. Sauté in butter until lightly browned. Dissolve bouillon cubes in boiling water, add seasonings and add to the onions. Let come to a boil, turn to

simmer for 20 minutes. Serve hot, garnished with toast circles and Parmesan cheese. Serves 8.

OYSTER STEW

- 1 pint oysters
- $\frac{3}{4}$ cup cold water
- 4 cups milk
- $\frac{1}{4}$ cup butter
- 2 teaspoons salt
- Pepper to taste
- 1 teaspoon paprika

Into a saucepan place butter. Melt over high heat, next add oysters and water and cook rapidly until oysters are plump and edges begin to curl. Add salt, pepper and paprika and lastly milk. Bring to a quick boil. Serve immediately.

MASHED POTATO SOUP

- 2 cups mashed potato, hot or cold
- 4 cups milk
- 2 tablespoons grated onion
- 3 tablespoons butter
- 1 tablespoon all-purpose enriched flour
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{8}$ teaspoon pepper
- $\frac{1}{4}$ teaspoon celery salt
- 1 teaspoon chopped parsley

Scald milk with onion, add slowly to potato, mixing well. Melt half of the butter, add dry ingredients, stir until well mixed. Add to hot soup. Again, stir well. Boil 1 minute. Add remaining butter and sprinkle with chopped parsley.

SOUTHERN TOMATO CREAM SOUP

- 4 tablespoons butter
- 5 tablespoons minced green pepper
- 2 cups strained tomato juice
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{8}$ teaspoon pepper
- 2 tablespoons all-purpose enriched flour
- 2 cups scalded milk

Melt 2 tablespoons of butter, add green pepper and sauté for 5 minutes. Add tomato juice and seasonings. Bring to a boil. Thicken with the 2 tablespoons butter and flour blended together. Add milk. Serve with a sprinkling of browned, buttered bread crumbs (recipe on page 33). Serves 5.

SPLIT PEA SOUP

- 2 cups dried split peas
- 3 stalks celery
- 3 quarts water
- $\frac{1}{2}$ cup unsifted all-purpose enriched flour
- 4 tablespoons butter
- 1 teaspoon sugar
- 2 teaspoons salt
- $\frac{1}{2}$ teaspoon pepper
- $\frac{1}{4}$ pound salt pork

For electric range, using Economy Cooker.

In the evening, place the peas, celery, water and salt pork in Economy Cooker. Turn to Low and let cook overnight. In the morning remove the celery and pork, and put the soup through a sieve to make a puree out of the peas. To the soup add the seasonings. Melt the butter in a skillet and blend the flour into the butter, then add 3 cups of the strained soup, stirring constantly. When this is smooth, add to the rest of the soup.

On other range without Economy Cooker.

Cook on low heat in a large well-covered utensil.

VEGETABLE CHOWDER

- 1 cup corn (leftover or canned)
- 4 potatoes, cut in slices
- 1 onion, sliced
- 2 cups water
- 4 strips diced bacon
- 2 tablespoons all-purpose enriched flour
- 3 cups scalded milk
- Salt and pepper
- 2 cups tomatoes

Fry bacon and onion until onion is transparent. Add flour, stirring constantly. Add the water and potatoes. Cook until potatoes are soft. Add corn and milk. Cook 5 minutes. Add tomatoes. Heat, season and serve at once. Approximately 8 servings.

VEGETABLE SOUP

- 3 pounds shank soup bone
- $2\frac{1}{2}$ quarts water
- 2 tablespoons salt
- 1 bay leaf
- 1 No. 2 can tomatoes
- 1 cup shredded cabbage
- 1 cup diced carrots
- 2 cups diced potatoes
- $1\frac{1}{2}$ cups diced celery
- 2 medium size onions, diced
- $\frac{1}{2}$ teaspoon pepper

Put soup bone, water, 1 tablespoon salt and bay leaf in cooker kettle. Cook on low heat for 8 hours, or overnight on an electric range. At the end of this time, remove bone from kettle, skim fat from top of broth. Add the vegetables, other tablespoon salt and pepper to broth. If desired, another quart of water may be added at this time. Cook on high heat until mixture steams, then turn to low for $\frac{1}{2}$ hour. For clear soup, this stock may be strained, and used as a bouillon base.

VEGETABLES

BAKED BEANS (American Style)

- 1 quart beans, measured and washed
- 1 pound salt pork, scored down to rind, but not through rind
- 1 large onion, peeled and scored on top
- 1 tablespoon salt
- $\frac{1}{2}$ cup molasses
- $\frac{1}{2}$ cup brown sugar
- 1 teaspoon dry mustard
- 6 cups water

With an electric range that has an Economy Cooker, place all ingredients in cooker kettle (beans need not be soaked). Turn switch to Medium and cook for 8 hours. In using other type range it is advisable to soak beans overnight, using water in which beans have been soaked as cooking liquid. Cook on medium heat in a tightly covered utensil.

BAKED KIDNEY BEANS

- 2 tablespoons diced onion
- 2 tablespoons diced green pepper
- $\frac{1}{3}$ cup ketchup
- 1 No. 2 can kidney beans
- $\frac{1}{2}$ teaspoon salt
- 2 strips bacon cut in 2-inch pieces

Mix together the onion, green pepper, ketchup, salt and beans. Pour into a greased shallow baking dish. Cut the bacon and arrange on top of beans. Bake in cold start oven 375° for one hour. Serves 6.

BAKED LIMA BEANS WITH SOUR CREAM

- 2 cups dried lima beans
- 2 teaspoons salt
- $\frac{1}{2}$ teaspoon dry mustard
- $\frac{1}{2}$ cup dark corn syrup
- $\frac{1}{8}$ teaspoon pepper
- 1 cup sour cream
- 3 strips bacon

Soak beans overnight. Cook slowly until tender, add 1 teaspoon salt, $\frac{1}{4}$ teaspoon mustard when partly cooked. Drain and place in a buttered 3-quart casserole. Add syrup, 1 teaspoon salt, $\frac{1}{4}$ teaspoon mustard and pepper and mix well. Add the cream, lay strips of bacon over beans. Cover and bake for one hour in preheated 375° oven.

BUTTERED LIMA BEANS

For a family of five buy 3 pounds of unshelled lima beans or $1\frac{1}{4}$ pounds of shelled beans. Always keep shelled beans in the refrigerator in a covered utensil until ready to use. Place beans and $\frac{1}{4}$ cup water in covered utensil. Bring to a quick boil on high heat, then switch to simmer heat or a low flame. Steam for 30 minutes. Remove from the heat, add butter or 2 tablespoons of cream.

LIMA BEAN SUCCOTASH

- 2 cups corn
- 1 cup green lima beans
- 1 teaspoon salt
- $\frac{1}{4}$ teaspoon pepper
- 2 tablespoons butter

Cook lima beans in $\frac{1}{3}$ to $\frac{1}{2}$ cup water for 20 minutes. Add corn and continue cooking for 10 minutes. Season with salt, pepper and butter. The proportion of corn to beans may of course be varied and other kinds of beans may be used.

WINTER SUCCOTASH

Combine 2 cups whole kernel corn with 1 cup of canned or frozen lima beans. Simmer for 10 minutes. Add two tablespoons butter, salt, pepper and $\frac{1}{2}$ teaspoon sugar. Simmer 5 minutes longer. Serve very hot.

LIMA BEANS IN TOMATO SAUCE

- $1\frac{1}{2}$ cups dried lima beans
- 3 cups cold water
- $1\frac{1}{2}$ cups canned tomatoes
- 4 whole cloves
- 6 slices bacon
- 1 medium sized onion, sliced
- 2 tablespoons all-purpose enriched flour
- $\frac{3}{4}$ teaspoon salt
- $\frac{1}{4}$ teaspoon pepper

Wash beans. Soak overnight in 3 cups cold water. Cook slowly until tender. Simmer tomatoes with cloves 10 minutes, remove cloves. Fry bacon in skillet until crisp. Remove bacon. Brown the onion in the bacon fat. Stir in the flour and seasonings, blend well. Add tomatoes and cook until thickened. Add beans. Serve with the warm bacon over the top. Serves 6.

BUTTERED STRING BEANS

Wash and remove ends and strings from beans, snap or cut with a sharp knife in inch pieces. Place in a covered pan with $\frac{1}{2}$ to $\frac{3}{4}$ cup water. Bring to a boil with high heat, then continue cooking with simmer or low heat for 20 minutes or until beans are tender. Add butter, salt and pepper to taste. Serve very hot.

CREAMED CANNED STRING BEANS

Heat beans in liquid in can. Mix together $\frac{1}{2}$ cup cream, and 2 tablespoons flour. When beans are steaming, add flour mix-

ture. Cook at low heat about 5 minutes. Serve. A bit of grated onion may be added for additional flavor. Leftover corn may also be used for variety.

DUTCH BEANS

- 2 slices diced bacon
- 4 tablespoons diced onion
- 2 tablespoons all-purpose enriched flour
- 1 teaspoon salt
- $\frac{1}{8}$ teaspoon pepper
- 1 cup hot water
- 1 tablespoon vinegar
- 4 cups cooked string beans

Brown the bacon, add onion and brown lightly. Add flour and seasonings, and brown. Add hot water and cook, stirring constantly until smooth and thickened. Add vinegar and beans. Heat thoroughly. Serves 6.

BUTTERED BEETS

Probably one of the most interesting new developments is in cooking beets. Contrary to old beliefs, they hold their color much better if they are peeled and either diced or sliced before cooking.

Peel and slice beets. Add $\frac{1}{4}$ cup water, and cook as directed for all healthful vegetable cookery. Just before removing from range, add 2 tablespoons butter and season with salt and pepper. If butter is browned before adding to vegetables the flavor is greatly improved.

BEETS POLONAISE

- 1 tablespoon unsifted all-purpose enriched flour
- 2 tablespoons sugar
- $\frac{3}{4}$ teaspoon salt
- $\frac{1}{4}$ teaspoon pepper
- 2 tablespoons vinegar
- 1 tablespoon lemon juice
- 2 tablespoons butter
- 2 cups shredded cooked beets
- $\frac{1}{2}$ cup thick sour cream

Mix the dry ingredients, add vinegar, lemon juice and butter. Cook slowly until thickened, stirring constantly. Add beets, mix well. Add sour cream, mix again and bring to boiling point. Serve at once. Makes 6 servings.

PICKLED BEETS

- $\frac{1}{3}$ cup cider vinegar
- $\frac{1}{3}$ cup tarragon vinegar
- $1\frac{1}{2}$ cups beet juice (from can)
- 1 2-inch stick cinnamon
- 15 whole cloves
- 3 tablespoons brown sugar
- $\frac{3}{4}$ teaspoon salt
- 2 No. 2 cans whole beets

Boil all the ingredients (except beets) together for 15 minutes. Strain and pour over beets. Let stand overnight or pour into jars and seal.

BUTTERED BROCCOLI

Select stalks with dark green, tightly closed buds. Cut off tough part of stalk and coarse leaves. Wash carefully. Peel stalks. If stalks are too large for individual portions, split to make more attractive size and shape. Place in pan with $\frac{1}{2}$ to $\frac{3}{4}$ cup water. Bring to the boiling point on high heat, then reduce heat to simmer. Total cooking time about 25 minutes. Serve with melted butter. One pound serves 3 or 4 people.

BUTTERED BRUSSELS SPROUTS

Select light green, compact heads. One quart serves 6 people. Remove blemished leaves and tough lower portions of stems or stalks. Wash thoroughly. Since the heads cook more quickly than the stem end, it is well to make gashes lengthwise across the stems so that they will cook as quickly as the head. Place in a pan with $\frac{1}{2}$ to 1 cup of water. Cover. Bring to boil on high heat, then finish cooking on simmer heat. Total cooking time about 20 minutes. Drain. Add butter and seasoning.

CABBAGE

Cabbage is a wonderful source of Vitamin C. We are in the habit of treating cabbage rather carelessly, and if we wish to retain this fine vitamin, we must store cabbage in a cool place. The refrigerator is excellent. If you do not have a Humidrawer or Crisping Pan in your refrigerator, place the cabbage in a vegetable bag, but don't use a paper sack.

Cabbage must be cooked quickly if we are to obtain our share of the health tucked away in its leaves.

QUICK-COOKED CABBAGE

- 4 cups finely shredded cabbage
- 2 tablespoons butter
- 2 tablespoons water
- Salt and pepper

Place water and butter in a saucepan or skillet that has a lid. Add shredded raw cabbage. Cover. Bring to steaming point quickly, then reduce heat. On an electric range, turn to High, then turn to Simmer. On any other type range, reduce heat so cabbage will continue steaming, but will not boil violently. Total cooking time 15 to 18 minutes. Serves 5.

RUSSIAN CABBAGE

- 3 cups cooked cabbage
- 3 tablespoons chopped onion
- 3 tablespoons green pepper, chopped
- 3 tablespoons shortening
- 2 tablespoons flour
- 2 cups canned tomatoes
- 1 teaspoon salt
- $\frac{1}{8}$ teaspoon pepper
- $\frac{1}{2}$ cup grated cheese
- $\frac{1}{2}$ cup buttered bread crumbs

Arrange cabbage in a greased three-quart casserole. Sauté onion and green pepper in shortening until light brown. Blend in flour. Add tomatoes, cook until thickened and add seasonings. Pour over cabbage. Sprinkle with the cheese and top with buttered crumbs. Bake in preheated 375° oven for 30 minutes.

SOUR CREAM CABBAGE

- Head of cabbage
- 2 tablespoons butter
- 1 clove garlic
- $\frac{1}{2}$ cup sour cream
- 1 tablespoon vinegar
- 1 tablespoon sugar
- 1 teaspoon salt
- 1 egg

Shred a head of cabbage medium fine. Heat 2 tablespoons butter in a skillet and in it slowly cook one clove garlic minced fine. Add cabbage, $\frac{1}{4}$ cup water. Cover tightly. Bring to a quick steam, then reduce heat, and continue cooking slowly for 10 minutes. Just before removing from range, add sour cream sauce made by mixing together $\frac{1}{2}$ cup sour cream, 1 tablespoon vinegar, 1 tablespoon sugar, 1 teaspoon salt, and one egg beaten lightly. Pour over cabbage, bring to quick boil and serve immediately.

BUTTERED CARROTS

Wash and scrape carrots. If carrots are very tender, it is not necessary to scrape them. A thorough washing will be sufficient. Carrots may be cooked whole, sliced crosswise or lengthwise. Place sufficient carrots for your family in a utensil which has a tight-fitting lid. Add 2 tablespoons to $\frac{1}{4}$ cup water if cooking electrically, and $\frac{1}{2}$ to $\frac{3}{4}$ cup water for other type fuel. Add 2 tablespoons butter, 1 teaspoon salt. Bring to a quick steam, then reduce heat. If carrots are sliced thin, continue cooking 10-12 minutes. Cook young, tender whole carrots, just pulled from garden the same length of time. Older, whole carrots or large pieces of carrots should continue cooking 15-20 minutes. Serve carrots with liquid remaining after cooking.

CREAMED CARROTS

- 2 tablespoons butter
- 2 tablespoons all-purpose enriched flour
- Few grains pepper
- 1 cup milk
- $\frac{1}{4}$ teaspoon salt
- 1 cup cooked carrots

Melt butter, add flour mixed with seasonings, stir until well blended. Pour in milk gradually, stirring constantly. Cook until thick and smooth. Add cooked, sliced carrots. Heat thoroughly.

STEAMED CAULIFLOWER WITH TOMATO SAUCE

Steam 1 large, whole head cauliflower in large covered saucepan with $1\frac{1}{2}$ cups boiling, salted water for 20 minutes.

Tomato Sauce:

- 2 cups cooked or canned tomatoes
- 1 slice of onion
- 3 tablespoons butter
- 3 tablespoons flour
- $\frac{3}{4}$ teaspoon salt
- $\frac{1}{8}$ teaspoon pepper

Cook tomatoes and onion for 10 minutes. Strain. Brown butter in a saucepan, blend in the flour, add strained tomatoes and seasonings. Cook until thick, stirring constantly. Place cauliflower on large platter and pour sauce over it.

CREAMED CANNED CORN

Empty contents of No. 2 can, or 1 pint canned corn into a saucepan. Add $\frac{3}{4}$ cup cream, $\frac{1}{2}$ teaspoon salt, and pepper to suit. Simmer 10 or 15 minutes. Milk may be used instead of cream, in which event add 2 tablespoons butter. Be sure to cover utensil while corn is simmering.

FRIED CORN (Leftover)

- 2 cups corn
- 1 tablespoon onion, chopped fine
- 3 tablespoons chopped green pepper
- 2 tablespoons butter or drippings
- $\frac{3}{4}$ teaspoon salt
- $\frac{1}{8}$ teaspoon pepper
- 3 tablespoons water

Melt the butter or drippings in a frying pan. Add the onion and green pepper and simmer for 5 minutes. Add the corn, water and seasonings. Mix well. Cover and cook on medium-low heat for 10 minutes.

HOMINY

- 1 cup hominy grits
- 4 cups boiling water
- 2 teaspoons salt
- 2 tablespoons butter

Pour hominy into salted, boiling water. Stir until it boils. Cook on simmer heat for one hour, stirring frequently. When ready to serve, add 2 tablespoons butter. Beat well. Makes 6 servings.

FRIED HOMINY

Cook as directed above and place in a mold or pan which has been rinsed with cold water. When cold, slice in $\frac{1}{2}$ -inch slices. Dip in flour, then into beaten egg diluted with 1 tablespoon cold water. Brown on both sides in bacon fat. Serve with bacon slices.

HOMINY IN PEPPER SHELLS WITH CHEESE RAREBIT SAUCE

- 3 large green peppers
- $\frac{1}{4}$ cup chopped onion
- 2 tablespoons butter
- 1 teaspoon salt
- 1 No. 2 $\frac{1}{2}$ can hominy
- 2 tablespoons chopped pimento

Cut peppers in half lengthwise, remove seeds. Place in boiling salted water and boil 10 minutes. Drain. Cook onion in butter until soft. Drain hominy and add with pimento to the onion. Heat to very hot. Place pepper shells on platter, fill with hominy. Pour on rarebit sauce.

Cheese Rarebit Sauce:

- 1 bouillon cube
- $\frac{1}{2}$ cup boiling water
- 1 tablespoon butter
- 1 teaspoon all-purpose enriched flour
- $\frac{1}{2}$ pound grated cheese

Dissolve the bouillon cube in the boiling water. Melt the butter, blend in flour until smooth, add bouillon and cook on low heat until thickened. Add cheese, cook, stirring constantly until cheese is melted and smooth. Serves 6.

KALE AND SALT PORK

- 3 pounds kale
- $\frac{1}{8}$ pound salt pork
- $1\frac{1}{2}$ tablespoons lemon juice
- $\frac{1}{2}$ teaspoon salt

Remove stems from kale. Wash leaves thoroughly. Cook in covered pan in the water which clings to leaves, until tender—about 1 hour. (This varies with age of kale.) Cut salt pork into small pieces. Fry

until brown and crisp. Drain off all but 4 tablespoons fat. Add lemon juice and salt. Heat. Combine with the kale. Makes 8 servings.

SCALLOPED ONIONS

- 4 cups onions, sliced $\frac{1}{8}$ inch thick
- 2 tablespoons butter
- 2 tablespoons all-purpose enriched flour
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{8}$ teaspoon pepper
- 1 cup milk
- $\frac{1}{4}$ cup grated American cheese
- $\frac{1}{2}$ cup bread crumbs, buttered
- $\frac{1}{4}$ cup liquid off onions

Cook onions in boiling salted water 3 minutes. Drain, cover with boiling water and cook until tender, about 15 minutes. Drain and place in two-quart greased casserole. Melt butter, add flour, salt and pepper, mix until smooth. Gradually add milk and cook until thick and smooth, stirring constantly. Add the liquid off onions, and cheese, stirring until cheese is melted. Pour sauce over onions and cover with the bread crumbs. Bake for 20 minutes in preheated 375° oven.

BUTTERED PEAS

Canned: Heat peas in liquid in can. Add 2 teaspoons sugar, salt, pepper and butter. Continue simmering for 5 minutes. Serve very hot. **NOTE:** If peas contain more liquid than desired, reserve part of it to add to soups and gravies.

Frozen: Place frozen peas in covered pan with $\frac{1}{4}$ cup water. Bring to a quick boil then turn heat to low and continue cooking for 10 minutes. Add salt, pepper and 2 tablespoons butter. Serve very hot. **NOTE:** On range with accurately controlled heat, frozen peas and butter may be placed in pan and cooked without the water. This preserves practically all the vitamins.

POTATOES

There is plenty of good, old Vitamin C in new potatoes, and a generous amount in carefully stored older potatoes. Don't place any confidence in old, withered potatoes. Vitamins have little respect for old, withered vegetables.

AU GRATIN POTATOES

- 2 cups cold boiled or baked potatoes, cubed
- 1 cup white sauce

Adp potatoes to sauce. Place in shallow greased baking dish and bake 30-35 minutes at 400°.

To make white sauce:

- 2 tablespoons shortening
- 2 tablespoons all-purpose enriched flour
- 1 cup milk
- 1 teaspoon salt
- 1 cup grated cheese

Melt shortening, add flour and seasonings. Stir until well blended. Pour on milk gradually, stirring constantly. Reduce heat. When thickened, add grated cheese and remove immediately from heat.

BAKED POTATOES

Select smooth and unblemished potatoes of uniform, medium size, so they will bake in the same length of time. Scrub the potatoes thoroughly, then dry. Rub lightly with unsalted shortening or cooking oil. Scoop small hole from each end, and the potatoes will bake much more quickly. Bake in cold or preheated 400° oven for 1 hour.

BOILED POTATOES WITH JACKETS

Wash potatoes carefully, so if the family wishes to eat the potato skins, they may do so. Cook as for plain boiled potatoes.

PLAIN BOILED POTATOES

- $\frac{1}{4}$ cup water when cooking potatoes electrically
- $\frac{3}{8}$ cup water when using coal, wood, oil or gas

Be sparing when you peel them. Lots of health for your family is right under the skin. If possible, peel the potatoes just before putting on to cook. Don't let them soak in cold water. The health goodies will soak out if you do.

It's good health meal planning to peel only enough potatoes for the meal. For a family of four, 5 or 6 medium size potatoes are sufficient, depending on the appetites, of course. Salt to taste. Place in utensil which has a good, tight-fitting cover. If your cooking utensils have lost their covers, use the tin piepan and use until you can find a good cover.

Cook on high heat until steam begins to escape. Then reduce heat and cook for 20-25 minutes. Do not let water boil violently.

If potatoes are left over, place in covered utensil and store in refrigerator.

BROWNE POTATOES

Pare potatoes of uniform size. Some folks like to parboil the potatoes about 10 min-

utes, then place in pan in which meat is roasting. Bake until soft, about 40 minutes, basting the potatoes occasionally with shortening in pan. It also is suggested the potatoes be turned occasionally so they will be uniformly browned.

CANDIED SWEET POTATOES

- 6 medium size sweet potatoes
- $\frac{1}{4}$ cup orange juice
- 1 cup dark corn syrup
- 3 tablespoons butter
- 2 tablespoons flour

Parboil sweet potatoes in salted water. Drain. Place in a greased utility dish. Combine flour with the orange juice, add the syrup, mix well. Pour over the sweet potatoes and dot with the butter. Bake uncovered at 375° for 1 hour.

CREAMED POTATOES—No. 1

Dice cold potatoes. Melt in a skillet or saucepan 2 tablespoons butter for every cup of potatoes. Add the potatoes, tossing them about in the butter. A fork is excellent to use. Sprinkle the potatoes with flour, using 1 tablespoon flour for each cup potatoes. Season with salt and pepper. Add $\frac{1}{2}$ cup milk for each cup potatoes. Bring to quick boil and cook about 5 minutes.

CREAMED POTATOES—No. 2

Peel potatoes and cut into $\frac{1}{2}$ -inch cubes, allowing one small potato per person. Cook until potatoes are tender, but not mealy. The potatoes look much better when served if they are kept in whole pieces.

Mix 3 tablespoons flour with small amount of cold milk, and add to one cup milk. Pour over potatoes. Add 2 tablespoons butter and salt and pepper to taste. Bring milk to a quick boil, then reduce heat and cook until milk sauce is thickened. Use water left from cooking potatoes as part of the sauce.

DUCHES POTATOES

- 2 cups hot riced or mashed potato
- 2 tablespoons shortening
- $\frac{1}{2}$ teaspoon salt
- 2 egg yolks slightly beaten

Add shortening, salt and egg to potato. Beat. Shape into patties or croquettes. Brush with beaten egg diluted with teaspoon of water. Brown in a hot oven.

FRESH FRIED POTATOES

Wash, pare and slice potatoes thin. Heat shortening in heavy frying pan. Bacon drippings are excellent for use in frying potatoes. When shortening is bubbling hot, lay in potatoes, sprinkle with salt, cover pan closely. Cook until tender and brown. If desired, cook finely chopped onions with potatoes.

HASH BROWNED POTATOES

3 cups diced, cooked potatoes
3 tablespoons shortening
Salt and pepper to taste

Use a medium size skillet. Heat shortening, add diced potatoes, seasoning and sufficient milk to moisten, about $\frac{1}{4}$ cup. Cover. Cook slowly, stirring only until milk is absorbed. If using electric range, turn switch to Low and turn potatoes only once. On other type ranges turn heat low. It may be necessary to stir more frequently.

MASHED POTATOES

5 medium size hot boiled potatoes
1 teaspoon salt
3 tablespoons butter
 $\frac{1}{3}$ cup hot milk
Liquid left from boiling potatoes
However, if potatoes have not been cooked as suggested under Boiled Potatoes, use only $\frac{1}{3}$ cup of the liquid.

Mash the potatoes, liquid and all. Add hot milk and beat vigorously until every lump is removed. It's advisable to use a regular potato masher for mashing potatoes, and a large spoon for the final beating. An electric beater is a wonderful convenience for mashing potatoes. If the beater is not removable, place hot potatoes in mixer bowl, use Low speed until potatoes are broken into small pieces, then increase speed and add hot milk and butter.

O'BRIEN POTATOES

2 slices onion
3 tablespoons green pepper, diced
3 tablespoons shortening
 $\frac{1}{2}$ cups diced, raw potatoes
1 tablespoon chopped parsley

Cook onion and green pepper in shortening. Add potatoes, cover and cook slowly until done. Stir occasionally. When served, sprinkle with the parsley. Serves 6.

PARSLEY POTATOES

New potatoes are best to serve this way. Either scrape or peel thin, and boil. Just before removing from saucepan, pour melted butter over potatoes, and shake kettle vigorously to thoroughly distribute the butter. Chop parsley fine, and sprinkle over potatoes in serving bowl.

POTATO PUFF

Allow one to one and one-half potatoes per person. (Leftover mashed potatoes can be used.) Cook and mash. Keep warm. Add salt, pepper to taste, $\frac{1}{2}$ tablespoon butter, or substitute, for each potato. Beat well. Add one unbeaten egg, beat. Add one tablespoon warm milk for each potato, beat until fluffy. Pile lightly in a greased baking dish. Bake in a hot oven about 20 minutes until light brown. Finely chopped parsley or a sprinkling of cheese may be added.

SCALLOPED POTATOES

Peel 6 medium size potatoes, and slice medium thin. Prepare a white sauce by cooking together on high heat; 2 tablespoons butter, 2 tablespoons flour, and $1\frac{1}{2}$ cups milk. When white sauce is thickened, add $\frac{3}{4}$ cup grated American cheese. Remove from heat immediately. Pour cheese sauce over potatoes and bake uncovered for one hour in 375° oven. Use a two-quart casserole.

MASHED POTATOES AND TURNIPS

2 large potatoes
2 large turnips
4 tablespoons butter
2 tablespoons all-purpose enriched flour
 $1\frac{1}{2}$ teaspoons salt
 $\frac{1}{4}$ teaspoon pepper
 $\frac{1}{4}$ cup cold water

Cook potatoes and turnips with 1 teaspoon salt until done. Drain and save water. Mash vegetables. Heat butter, blend in the flour, $\frac{1}{2}$ teaspoon salt and the pepper, add the water slowly, stirring constantly. Cook until thick and smooth. Add turnips and potatoes. Beat until light and fluffy, and serve immediately. Serves 6.

STEAMED RICE

1 cup rice
3 cups water, boiling
1 teaspoon salt

Wash rice, drop it into the boiling, salted water, boil rapidly, uncovered, for 20 minutes or until kernels are soft. Place in colander or sieve (you might save the water for soup) and pour boiling water over rice to remove loose starch and separate the kernels. Drain, place in oven, with door open, to allow rice to dry out.

SPINACH

For a family of five, buy 2½ pounds. If any is left over, it may be used as a salad, or eaten cold with a touch of lemon juice.

Wash carefully, remove roots, and any wilted or discolored leaves. If spinach is sandy, it may be necessary to wash several times in cold water. Drain water from leaves, place in large utensil, add salt, cover tightly, cook on high heat until steaming, then reduce heat, and cook 10 minutes longer. Drain, saving liquid for soup, or to use in gravy. The liquid is delicious with cream or milk added, and served piping hot in cups as a soup course.

The spinach may be served with melted butter, a small amount of cream may be added, or with hard-cooked eggs as a garnish, and lemon juice.

ESCALLOPED SPINACH WITH CHEESE

1½ lbs. fresh spinach
 $1\frac{1}{2}$ teaspoons salt
4 tablespoons butter
2 tablespoons all-purpose enriched flour
1 cup milk
 $\frac{1}{8}$ teaspoon pepper
 $\frac{1}{2}$ cup grated cheese
 $\frac{1}{2}$ cup soft bread crumbs

Wash spinach well and cook with 1 teaspoon salt until tender (8 to 10 minutes). Make a white sauce of 2 tablespoons of the butter, flour, milk, $\frac{1}{2}$ teaspoon salt and the pepper. Add cheese and stir until melted. Place alternate layers of spinach and cheese sauce in a greased two-quart baking dish. Cover with the bread crumbs which have been buttered in 2 remaining tablespoons of the butter. Bake for 20 minutes in preheated 375° oven. Serves 6.

SPAGHETTI CASSEROLE WITH TOMATO SAUCE

2 cups cooked spaghetti
2 cups soft bread crumbs
2 cups milk
2 cups grated cheese
 $\frac{1}{2}$ cup melted butter
 $\frac{1}{2}$ teaspoon salt
Dash of red pepper
2 eggs, beaten
4 tablespoons pimento, chopped
1 can condensed tomato soup

Combine all ingredients except tomato soup. Place in a greased 3-quart casserole. Bake for 45 minutes, then pour the soup over, and bake 15 minutes longer at 375°. Makes 6 large servings.

BAKED SQUASH

Cut squash into pieces desirable for serving. Remove seeds and stringy portion. Place in dripping pan. Sprinkle with salt and pepper and allow for each serving 1 teaspoon molasses and $\frac{1}{2}$ teaspoon butter. Bake 50 minutes or until soft in 350° oven, keeping dish covered first half hour of cooking. Serve in shell.

TOMATOES

Plenty of necessary Vitamin C in tomatoes. Always cook tomatoes in a closely covered utensil, for Vitamin C is hard to handle.

SCALLOPED TOMATOES

2 cups canned or cooked tomatoes
2 cups soft bread crumbs
1 teaspoon grated onion
 $\frac{1}{4}$ teaspoon salt
1 teaspoon sugar
4 tablespoons butter
 $\frac{1}{4}$ cup tomato juice off tomatoes

Drain tomatoes and reserve $\frac{1}{4}$ cup of juice. Brown bread crumbs in the butter. Place half the crumbs in bottom of greased 3-quart casserole. Mix the tomatoes, salt, onion and sugar, and place over the bread crumbs. Pour the juice over tomatoes. Sprinkle remaining crumbs over top. Bake uncovered in preheated 375° oven for 20 minutes. Serves 6.

STEWED TOMATOES

1 can tomatoes
2 tablespoons butter
Salt and pepper
1 teaspoon sugar

Place tomatoes in 2-quart covered saucepan. Turn heat to high to bring tomatoes to steaming point. Then simmer for 5 minutes. Add butter, salt, pepper and sugar.

Variation No. 1 — Bread cubes or cracker crumbs may be added for thickening.

Variation No. 2 — One tablespoon of flour blended with the butter may be added for thickening. After adding butter and flour, allow tomatoes to simmer for 5 minutes.

Variation No. 3 — Two tablespoons thick sweet cream added just before serving.

PUT YOUR OTHER FAVORITE VEGETABLE RECIPES HERE

GENERAL RULES FOR COOKING VEGETABLES

CANNED VEGETABLES

Remember this, when serving canned vegetables, such as peas, beans, corn, etc., with butter: The liquid in a can of vegetables is made up of water or the juice of the food, or a mixture of both, to which salt may have been added. Since some of the minerals, natural sugars and vitamins are dissolved in this liquid, don't throw it away. Heat the vegetables in it or save it for soups or serve it as a part of the vegetable. It's all good and nourishing. If you drain the liquid off, be sure you put it in a tightly covered container and store in the refrigerator. Some vitamins, you know, don't care for air.

Heat canned vegetables quickly in a covered utensil, adding 2 tablespoons butter to a No. 2 can, salt and pepper to taste. Some folks add a teaspoonful sugar, also.

Or, vegetables may be heated in milk, or you can make a thin white sauce by cooking together 2 tablespoons butter, 1 tablespoon flour and 1 cup milk, and heating vegetables in it. Or make a thin sauce by using all the liquid in the can and adding milk to make 1 cup.

FROZEN VEGETABLES

Keep frozen vegetables in evaporator or refrigerator until ready to cook. They lose their vitamin content if allowed to thaw before cooking. Always cook frozen vegetables with as little water as possible, and as quickly as possible.

Electric Ranges. Use a tightly covered utensil. Place 2 tablespoons of butter in utensil, add solidly frozen vegetables, place on range. Cook on High heat until steaming, then turn to Simmer and cook for 10 minutes. If electric range has only 3 heats, turn switch to "Off" as soon as vegetables are steaming.

Gas Ranges. It may be necessary to add a small amount of water in addition to butter, depending on type of gas range you own. It is suggested that you experiment with little (2 to 4 tablespoons) or no water, after which you will be able to accurately gauge the amount of water required. Bring to steam quickly, then reduce heat.

Other Type Ranges. Use 4 to 6 tablespoons of water. Bring to steam quickly, and if possible, reduce heat.



PROTECT FOOD VALUES IN VEGETABLES

We must safeguard all the precious health found in such abundance in vegetables. To do it, it is necessary to be particular to select only fresh vegetables, refrigerate them carefully, and cook them with little or no water *in a covered utensil*, not boil them violently, or overcook them.

When cooking vegetables with 2 tablespoons water or less, first place water, then butter in the utensil, and then the vegetables.

Bring vegetables to steaming point

quickly and immediately reduce heat to lowest possible position to maintain a steaming, but not violent boiling.

Have a good, tight-fitting cover on your utensil. If no covers are available, use a piepan.

As a guide, have only enough water left at the conclusion of the cooking period to be used as part of the food when it is served.

Be sure to carefully study the chart on page 3 showing the enemies and defenders of vitamins in foods.

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